Phosphorus is added to food for flavor, color, and as a preservative. Phosphorus is often not on the Nutrition Facts panel. Foods with added phosphorus are more harmful than foods with natural phosphorus. Look on the Ingredient List of the food label to find out if a food has added phosphorous. If you find words that contain “phos” such as calcium phosphate, phosphoric acid, then the item contains added phosphorus. Limit foods with “phos” as an ingredient.

**HIGH PHOSPHORUS FOODS**

### Dairy & Proteins
- Milk (incl. Condensed & Evaporated)
- Milkshakes & Malts
- Non-dairy Creamers
- Yogurt
- Pudding
- Alfredo Sauce
- Processed Cheese
- Macaroni & Cheese
- Hot Dogs / Sausage
- Chicken Nuggets
- Deli Meats
- Dates
- Dried Beans & Peas

### Breads & Cereals
- Bran Muffin
- Bran Cereal
- Pancakes & Waffles (Mixes / Frozen)

### Beverages
- Cola & Bottled Ice Tea
- Beer
- Bottled Fruit Punch

### Snacks
- Chocolate & Caramels
- Pizza
- Nuts, Peanut Butter & Seeds
- Cheesy Snacks
- Ice Cream Bars & Fudgesicles
- Pastries & Donuts

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Nutrition Facts

Serving Size: 1 Pudding cup (92g)
Servings Per Container: 4

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>110</td>
<td>5%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2.5g</td>
<td>4%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>20mg</td>
<td>7%</td>
</tr>
<tr>
<td>Sodium</td>
<td>115mg</td>
<td>5%</td>
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<tr>
<td>Total Carbohydrate</td>
<td>15g</td>
<td>5%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.

MODERATE IN SUGAR content: PASTRY, BAKED GOODS, JAM, HONEY, MAPLE SYRUP, HOMESTYLE BAKED POTATOES, PASTRAMI, COOKED MEATS, SOUR CREAM, BUTTERMILK, OIL, MAYO, SPORT BOTTLED BEVERAGES, JUICE BOXES.