

Phosphorus Restricted Diet

Translations available in:

[Arabic](#), [Chinese](#), [French](#), [Korean](#), [Russian](#), [Spanish](#)

Avoid

Beverages

Pepper®, Coke®, Pepsi®
(all colas clear and regular)

Breads, Cereals and Starches

Biscuit
Muffins
Pancakes
Waffles

Bran cereals
Cheerios
Granola
Oatbran
Oatmeal

Whole grain breads

Wild rice

Desserts

Anything with chocolate, nuts, coconut cream pie

Fruits

Dates
Prune
Prune juice

Protein Foods

Liver
Nuts

Soup

Cream, milk-based soups

Vegetables

Baked beans
Dried peas, beans
Lima beans
Mushrooms

Use Instead

Ginger ale, 7-up®, fruit-flavored pops

Dinner roll
English muffin



Cornflakes, Rice Krispies

Cream of rice or wheat

White, French or Italian bread

White rice

Sugar cookies, vanilla wafers, sherbet,
Jell-O®, fruit juice bars

All others

All others

Broth based soups

Green beans
Wax beans



Limit Use – use only in limited amounts and if phosphorus level is below 6.0

Dairy Products

Use ½ cup per day of one of these:

1. milk
2. pudding
3. ice cream
4. yogurt



Cheese – 1 ounce or ¼ cup cottage cheese twice per week

Protein Foods

Egg yolks – twice per week

Peanut butter – 2 tablespoons twice per week

Vegetables

Corn or peas – twice per week



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