

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

Phosphorous 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.**

Nutrition Facts	
Serving Size 1 Pudding cup (92g)	
Servings Per Container 4	
Amount Per Serving	
Calories 110	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Potassium 25mg	2%
Total Carbohydrate 20mg	7%
Dietary Fiber 2g	8%
Sugars 13g	
Protein less than 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 30%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	
INGREDIENTS: WATER, NONFAT MILK, SUGAR, MODIFIED CORN STARCH, PARTIALLY HYDROGENATED PALM OIL, LESS THAN 2% OF: COCOA (PROCESSED WITH ALKALI), CALCIUM CARBONATE, SALT, SODIUM STEROYL LACTYLATE, NATURAL AND ARTIFICIAL FLAVORS DI SODIUM PHOSPHATE	

