

Foods High in *Phosphorus*

Please do not eat foods high in phosphorus.

Keep your phosphorus level between 3.5–5.5 mg/dL.



If you have any questions about your diet, contact your dietitian.

The following foods are high in phosphorus:

- Beans (red, black, white)
- Black-eyed peas
- Brewer's yeast
- Canned iced teas
- Caramels
- Cheese (except cream cheese)
- Chocolate
- Chocolate drinks
- Cola products (all dark colas, regular and diet)
- Desserts made with milk, such as pudding and ice cream
- Dried beans and peas
- Garbanzo beans
- Green peas
- Liver
- Malta or Materva
- Milk (any kind—limit to ½ cup/day)
- Nuts (especially peanuts)
- Oatmeal
- Oatmeal cookies
- Organ meats
- Oysters
- Sardines
- Soups made with beans or legumes
- Split peas
- Wheat germ
- Yogurt

Remember to take your phosphate binder with each meal and snack!