

PHOSPHORUS

	CHOOSE	AVOID
BREADS AND CEREALS	<p><u>Breads:</u> Plain bagels, brioche, challah, cracked wheat bread, croissant, crumpets, english muffin, French, Italian, kaiser roll, matzoh, raisin bread, taco shell, white bread, white pita</p> <p><u>Cereals:</u> Corn bran, Corn Chex, corn flakes, cornmeal, cream of rice, cream of wheat, grits, puffed rice, rice krispies, Rice Chex, rice flakes</p> <p><u>Sweetened Cereals:</u> Applejacks, Captain Crunch, Crispix, Froot Loops, Honeycomb, Trix</p> <p><u>Crackers:</u> Melba toast, rusks, unsalted soda crackers, zwieback</p> <p>Angel food cake, arrowroot, fruit pies, pound cake, puff pastry, shortbread, social tea, sponge cake, white pasta, white rice, yeast donuts</p> <p>Tea biscuits, cake, muffins, pancakes and waffles made with Baking Powder Substitute**</p>	<p>Whole grain breads - bran, cornbread, dark rye, multigrain, pumpernickel, scone, tortilla, whole wheat</p> <p>Whole grain cereals - Alphabits, bran, buckwheat, bulger, Cheerios, granola, Grape Nuts, Life, Mueslix, oatmeal, puffed wheat, raisin bran, shredded wheat, Special K, Team, Total, Wheatabix</p> <p>Rye and whole grain crackers(example: Triscuit)</p> <p>Brown rice, barley, buckwheat, bulger, cake donuts, wild rice</p> <p>Pies or pastries made with nuts, chocolate, cream or custard</p> <p>All commercial cookies except those listed on the <i>CHOOSE</i> side</p> <p>Food made with baking powder(tea biscuits, commercial cake, cookie mixes, muffins, pancakes, waffles)</p>
MILK AND DAIRY PRODUCTS	<p>Cream, custard, ice cream, milk and anything made with milk such as pudding and cream soup, sherbet, yogurt</p> <p>Limit to ____ cup/day or week</p> <p>The following are equal to ½cup or 4oz. of milk:</p> <ul style="list-style-type: none"> ■ 1 cup(8 oz. soy milk) ■ 4 Tbsp evaporated or condensed milk 	<p>Processed cheese(examples: single slices, Velveeta, cheese spread, macaroni cheese dinner)</p>

**Baking Powder Substitute: Mix ½ tsp cream of tartar with ¼ tsp baking soda to replace 1 tsp baking powder in any recipe.

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FISH/ POULTRY/ MEAT/ EGGS	<p>Natural hard cheese: limit to 3oz./week</p> <p>Meat/fish/poultry</p> <p>Low sodium cold cuts (roast beef, turkey, chicken), natural head cheese</p> <p>Heart, spleen, lungs</p> <p>Shrimp, lobster, crab</p> <p>Tofu</p> <p>Cottage cheese</p> <p>Limit to _____oz. or g /day or week</p> <p>[Egg - Limit to _____/week</p>	<p>Caviar, fish roe</p> <p>Oyster, clams, mussels, scallops</p> <p>Bones(examples: canned sardines/salmon)</p> <p>Liver, brain, kidney, pancreas</p> <p>All dried beans, peas and lentils(including fresh and canned)</p>
FRUITS AND VEGETABLES	<p>All fruits and vegetables♥</p> <p>■ <u>NOTE</u>: Corn, raw mushroom, green peas and potato/ french fries must be limited to ½ cup, no more than 3 times per week</p>	
ADDITIONAL ITEMS	<p>All soft drinks(example: gingerale, root beer) <u>except</u> colas</p>	<p>Postum, Ovaltine, malted milk, Myelo, Horlicks, chocolate, chocolate milk</p> <p>Cola products, beer</p> <p>Nuts, nut butter, seeds</p>

♥If dietary potassium needs to be restricted, refer to your potassium list for the allowed fruits and vegetables.