



Low Phosphorus

KIDNEY DIET CHEAT SHEET

RenalTracker



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Low Phosphorus **DIET TIPS**

Low

High

Vegetables



- Cucumbers
- Bell Peppers
- Mushrooms
- Asparagus
- Green Beans
- Onion
- Radishes
- Kale
- Carrots
- Celery
- Sweet Potatoes
- Swiss Chard
- Brussels Sprouts
- Antichokes
- Winter Squash
- Beet
- Parsnips
- Spinach
- Potatoes
- Tomatoes

Fruits



- Apples
- Apricots
- Cherries
- Pineapple
- Watermelon
- Berries
- Pears
- Grapes
- Peaches
- Plums
- Banana
- Orange
- Kiwi
- Melons
- Mangoes
- Avocado
- Pomegranate
- Figs
- Guava
- Passion Fruit

Protein



- Chicken Breast
- Tofu
- White Fish (Cod, Tilapia)
- Eggs
- Pork Tenderloin
- Salmon
- Beef (esp Organ Meats)
- Lentils
- Beans (esp Kidney Beans)
- Processed Meats (Sausages, Hot Dogs)

Dairy



- Unsalted Almond Milk
- Low-Potassium Cheese
- Unsweetened Coconut Milk
- Butter
- Sour Cream
- Regular Milk
- Yogurt
- Cheese (varies, check labels)
- Coconut Water
- Buttermilk

Carbs



- White Rice
- Pasta (Enriched or Regular)
- Oats
- White Bread
- Whole Wheat Products
- Bran Cereals
- Brown Rice
- Quinoa
- Whole Grain Bread

Snacks & Nuts



- Unsalted Nuts (Almonds, Walnuts, Cashews, Pistachios)
- Salted Nuts
- Packaged, Salty Snacks
- Potato Chips

Condiments



- Herbs and Spices
- Vinegar
- Lemon or Lime Juice
- Low-Potassium Soy Sauce/Salad Dressings
- Soy Sauce
- Regular Salad Dressings
- Ketchup
- Mustard
- Teriyaki Sauce

Beverages



- Water
- Herbal Teas
- Unsweetened Almond Milk
- Black Coffee
- Commercial Fruit Juices
- Colas and Sodas
- Energy Drinks
- Packaged Iced Teas
- Certain Sports Drinks