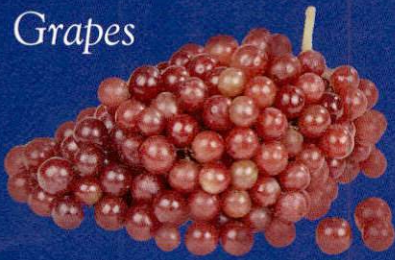


Grapes



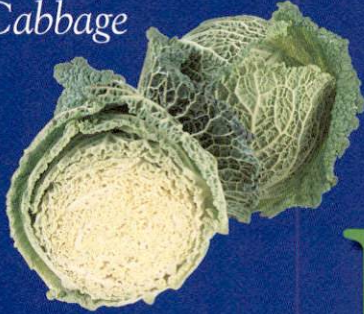
Pasta



Green Beans



Cabbage



Fish



Apples

# LOWER PHOSPHORUS FOODS



Hamburger

Chicken



Strawberries



Apple Cider

Cornflakes



Popcorn



Cranberry Juice



Pineapple

Saltine Crackers



Lettuce

These are better food choices. Check with your Renal Dietitian.

Grapes

(1 cup)  
21 mg

Pasta

(½ cup) 47 mg  
(1 cup) 94 mg

Green Beans

(½ cup canned)  
13 mg

Cabbage

(½ cup raw) 8 mg  
(boiled) 18 mg

\*Fish

(3 oz baked)  
208 mg

(medium)  
10 mg

Apples

# LOWER PHOSPHORUS FOODS

(3.5 oz baked)  
120 mg

\*Hamburger

Strawberries

(½ cup raw)  
14 mg

\*Chicken

(½ breast no skin)  
140 mg

(8 fl oz)  
18 mg

Apple  
Cider

Cornflakes

(1¼ cup)  
13 mg

Popcorn

Cranberry  
Juice

(8 fl oz)  
3 mg

(½ cup)  
8 mg

Pineapple

Saltine  
Crackers

(8 crackers)  
24 mg

(½ cup)  
6 mg

Lettuce

\*Although these foods may be regarded as higher in phosphorus, they are included as acceptable alternatives because they are good sources of protein.

