Low Phosphorus Diet (South Asian version)

Avoid phosphorus additives from Processed Foods

- Coke/Pepsi
- Colas
- Beer
- Root beers (some)
- Iced teas (some)
- Bottled drinks
- Hot dogs
- Chicken nuggets
- Processed meats
- Pancake mixes
- Waffle mixes (homemade is ok)
- Processed cheese
- Many fast food restaurant Items

Avoid (or limit) high phosphorus Desserts and Fried Snacks.

Desserts made with a lot of milk, yogurt, cream, buttermilk, or curd:

- Rasgulla/Rasmalai ("cottage cheese" in syrup/sweet milk)
- Rice Pudding/Rice Kheer + Sevian (Vermicelli Pudding) (made with milk)
- Barfi (milk-based sweet)
- Gulab Jamun (made with milk solids, deep fried, syrup)
- Ice Cream
- Fried snack foods with a lot of nuts, soy beans, beans, lentils, or chickpeas
Avoid (or limit) these other high phosphorus foods.

- Bran Cereal
- Bran Muffins
- Chocolate
- Pizza
- Lassi (milk based sweet or savory drink)
- Raita (made with yogurt/buttermilk)

If you are vegetarian or only eat meat a few times per week, remember that you still need protein every day. Ask your dietitian how to include these foods in your diet.

Limit these high phosphorus Vegetarian Protein foods.

- Lentils/dahl
- Beans
- Chickpeas
  Limit to: ____________
- Paneer
- Cheese
  Limit to: ____________
- Milk
- Yogurt (including homemade yogurt/curd)
  Limit to: ____________
- Peanut Butter
  Limit to: ____________
- Nuts
- Seeds
  Limit to: ____________

Check the ingredient list for “phos”: phosphoric acid, phosphate
High Phosphorus Vs. Lower Phosphorus Food Choices (South Asian version)

**Eat Less (high phosphorus)**
- Processed meat like hot dogs, fish sticks and chicken nuggets
- Processed Cheese
- Milk, Cream, Butter Milk
- Chai (tea with milk and spices)
- Nuts, seeds, soy beans, chick pea snacks

**Better Choice (lower phosphorus)**
- Fresh Meat
- Cream Cheese or Hard Cheese
- Non-Enriched Almond Milk or Rice Milk
- Chai made with almond or rice milk or chai made with less milk
- Unsalted popcorn, tortilla chips, pretzels
### Eat Less (high phosphorus)

- Peanut Butter or Nut Butter
- Desserts made with milk like rice pudding, ice cream, barfi
- Cola, some root beers and iced teas
- Bran Cereal
- Chocolate
- Pizza or Pasta with cream or cheese sauce

### Better Choice (lower phosphorus)

- Jam, Jelly, Honey
- Popsicles, plain cookies/biscuits
- Clear soda, sparkling water, salt-free club soda
- Corn/Rice/Wheat Cereal or Oatmeal
- Hard candies or gummy candies
- Paratha (stuffed roti) or Pasta with garlic, basil and margarine/olive oil
What Kind of Flour is Best for Making Roti, Chapatti and Paratha?

The answer to this question depends on:

- your blood work
- how well your kidneys are filtering
- how many roti/chapatti you eat.

Ask your dietitian to help you decide.

**Helpful Hints**

- Whole wheat flour is high in fibre so is a good choice if your potassium and phosphorus are controlled.
- Some people use 50% whole wheat and 50% white flour.
- Avoid or limit channa flour if your potassium is high.

<table>
<thead>
<tr>
<th>Flour type (1 cup)</th>
<th>Phosphorus (mg)</th>
<th>Potassium (mg)</th>
<th>Fibre (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Grain Wheat Flour</td>
<td>428</td>
<td>436</td>
<td>13</td>
</tr>
<tr>
<td>White All Purpose Wheat Flour</td>
<td>135</td>
<td>134</td>
<td>3</td>
</tr>
<tr>
<td>Chickpea/Channa Flour (Besan)</td>
<td>293</td>
<td>778</td>
<td>10</td>
</tr>
</tbody>
</table>