Low Phosphorus Diet
(Chinese Food)

AVOID FOOD WITH PHOSPHORUS ADDITIVES

- Cola Drinks and Nestea
- Processed Meat
- Egg Tofu
- Non-Dairy Coffee Creamers
- Instant Noodles
- Some Instant Coffee, Milk Tea & Cereal Mixes
- Some Frozen Shrimps & Fish
- Fast Food
- Processed Cheese

Check the ingredient list for words that have “PHOSPH” in them

OTHER HIGH PHOSPHORUS FOOD TO LIMIT

- Beer
- Organ Meat
- Edible Bones in Fish
- Bran Cereals & Muffins
- Horlick, Ovaltine & Milo
- Dried Bean Curd
- Dried Tofu
- Chocolate
Limit dairy products to _____ cup a day

- Milk & Soy Beverage
- Yogurt
- Cream Soup
- Ice Cream

Limit the following to _____ a week

- Peanut Butter
- Hard Cheese
- Beans & Lentils
- Nuts & Seeds

SOME LOWER PHOSPHORUS FOOD CHOICES

- Fresh Meat, Fish & Seafood
- Medium Firm Tofu
- Corn, Rice & Wheat Cereals
- Green Tea
- Cream Cheese

Your phosphorus binder is: _______________________.
Take before meals.
Breakfast _____ Lunch ________ Dinner _____ Snack _____

Your Dietitian: ________________________________
Phone: ________________________________