

Low Phosphorus Diet (Chinese Foods)

**SOME LOWER PHOSPHORUS FOOD CHOICES.
PLEASE DISCUSS WITH YOUR DIETITIAN.**



Natural Peanut & Nut Butter



Bean Curd



Pressed Tofu



Beans & Lentils



Nuts & Seeds



Fresh Meat, Fish & Seafood



Tofu



Corn, Rice & Wheat Cereals



Green Tea



Cream Cheese

Limit dairy products to _____ servings a day



Milk & Soy Beverage



Cheese



Yogurt



Cream Soup



Ice Cream

OTHER HIGH PHOSPHORUS FOODS TO LIMIT



Beer



Organ Meat



Chocolate



Bran Cereals & Muffins



Canned Salmon or Sardines (with Bones)

AVOID FOODS WITH PHOSPHORUS ADDITIVES



Cola



Hong Kong Style Milk Tea & Bubble Tea



Horlicks, Ovaltine & Milo



Processed Meat



Non-Dairy Coffee Creamers



Instant Noodles



Egg Tofu



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

Your phosphorus binder is: _____

Take before meals.

Breakfast _____ Lunch _____ Dinner _____ Snack _____