

Low Phosphorus Diet (South Asian version)



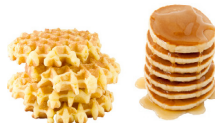
Avoid phosphorus additives from *Processed Foods*



- 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: _____

INGREDIENTS
 WHEAT FLOUR, CORN FLOUR, SUGAR, MODIFIED MILK INGREDIENTS, MONOCALCIUM PHOSPHATE, DEXTROSE, SODIUM BICARBONATE, SALT, WHEAT GLUTEN, GLUCOSE SOLIDS, MODIFIED CORN STARCH, COLOUR.

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



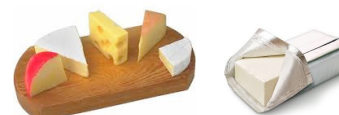
**Better Choice
(lower phosphorus)**



Fresh Meat



Processed Cheese



Cream Cheese or Hard Cheese



Milk, Cream, Butter Milk



Non-Enriched Almond Milk
or Rice Milk



Chai (tea with milk and spices)



Chai made with almond or rice milk
or chai made with less milk



Nuts, seeds, soy beans,
chick pea snacks



Unsalted popcorn, tortilla chips,
pretzels

**Eat Less
(high phosphorus)**



Peanut Butter or Nut Butter



**Better Choice
(lower phosphorus)**



Jam, Jelly, Honey



Desserts made with milk like
rice pudding, ice cream, barfi



Popsicles, plain cookies/biscuits



Cola, some root beers and iced teas



Clear soda, sparkling water,
salt-free club soda



Bran Cereal



Corn/Rice/Wheat Cereal or Oatmeal



Chocolate



Hard candies or gummy candies



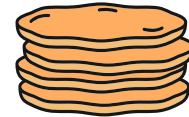
Pizza or Pasta with
cream or cheese sauce



Paratha (stuffed roti) or Pasta with gar-
lic, 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.

Flour type (1 cup)	Phosphorus (mg)	Potassium (mg)	Fibre (mg)
Whole Grain Wheat Flour	428	436	13
White All Purpose Wheat Flour	135	134	3
Chickpea/Channa Flour (Besan)	293	778	10