

Lower Phosphorus Foods

These foods are low in phosphorus (amounts shown in milligrams) and are good choices to keep your levels within a healthy range. Talk with your dietitian about others.



Apples
medium, 10 mg



Grapes
1 cup, 21 mg



Peach
medium, 12 mg



Strawberries
½ cup (raw), 14 mg



Cabbage
½ cup (raw), 8 mg
½ cup (boiled), 18 mg



Green Beans
½ cup (canned), 13 mg



Lettuce
½ cup, 6 mg



Chicken*
½ breast (no skin), 140 mg



Fish*
3 oz. (baked), 115 mg



Bread, white
1 slice, 24 mg



Corn Flakes
1 ¼ cup, 13 mg



Crackers
8, 24 mg



Pasta
½ cup, 47 mg



Popcorn
1 cup, 19 mg



Apple Cider
8 fluid oz., 18 mg



Cranberry Juice
8 fluid oz., 3 mg

**These foods are higher in phosphorus, but they are acceptable because they are good protein sources.*

Lower Phosphorus Foods

What is phosphorus?

Phosphorus is a dietary mineral that helps build strong bones and teeth. It also helps release energy from fat, protein and carbohydrates in the foods you eat.

Why is it important to CKD?

Damaged kidneys may not remove enough phosphorus from your system. When the phosphorus level in your blood becomes too high, you may begin to itch. Your bones may also lose calcium and break more easily.

How can I control my phosphorus levels?

- Eat fewer foods that are high in phosphorus, for instance:
 - Nuts, peanut butter
 - Dried beans
 - Dairy products, including cheese, ice cream, pudding
 - Dark sodas, chocolate milk, beer
- Take a phosphate binder if it is prescribed by your doctor
- Talk to your doctor, nurse and dietitian about your diet