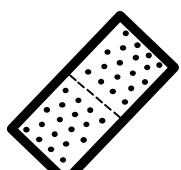
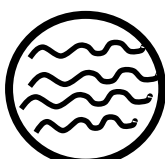
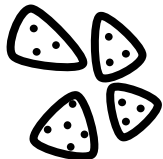
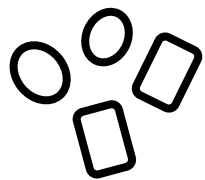
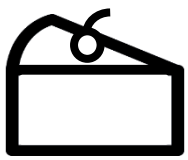
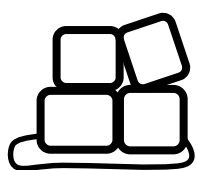


# Phosphorus: Low and High Snacks

## Low Phosphorus Snacks to Enjoy

|                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|  |  |  |  |  |  |
| Clear Sodas<br>(Lemon-Lime,<br>Ginger Ale)                                        | Fruit-Flavored<br>Candies                                                         | Fruit Pies<br>(Apple, Berry,<br>Cherry)                                           | Greek Yogurt<br>(½ c)                                                              | Graham<br>Crackers                                                                  | Pretzels<br>(Low Salt or<br>Unsalted)                                               |
|  |  |  |   |  |  |
| Popsicles                                                                         | Popcorn<br>(Unflavored)                                                           | Rice Cakes                                                                        | Tortilla Chips<br>(Low Salt or<br>Unsalted)                                        | Trail Mix<br>(Unsalted, 1 oz)                                                       | Vanilla<br>Wafers or<br>Shortbreads                                                 |

## High Phosphorus Snacks to Limit/Avoid

|                                                                                    |                                                                                     |                                                                                     |                                                                                      |                                                                                       |                                                                                       |
|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  |  |  |  |  |  |
| Cakes<br>(Cheesecake<br>or Chocolate)                                              | Caramels                                                                            | Cheese<br>(More than 1 oz)                                                          | Cheese-<br>Flavored Chips<br>or Snack Foods                                          | Chocolate                                                                             | Dark Sodas<br>(Colas)                                                                 |
|  |  |  |   |  |  |
| Fast Food                                                                          | Hot Cocoa                                                                           | Ice Cream<br>(More than ½ c)                                                        | Pastries with<br>Nuts, Cheese or<br>Chocolate                                        | Pizza                                                                                 | Processed<br>Meats                                                                    |

*"This document is for informational purposes only and is not a substitute for medical advice or treatment. Consult your physician regarding your specific diagnosis, treatment, diet and health questions."*

## References:

<https://fdc.nal.usda.gov/>

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