



'Double whammy' foods

High in phosphorus **AND** potassium

The following foods have 150 mg phosphorus and 200 mg potassium or more per serving.

Beans/Nuts
Great northern beans
Lentils
Navy Beans
Pistachios
Pumpkins seeds
Refried beans
Soybeans
Dairy
Chocolate instant pudding
Chocolate milk
Condensed milk
Eggnog
Evaporated milk
Skim milk
Yogurt

Beef/Poultry/ Fish
Catfish
Chicken breast
Cod
Crab
Haddock
Ham/pork
Lamb
Lobster
Pollock
Salmon
Scallops
Tuna, canned (in oil)
Tuna, fresh
Turkey
Veal

Grains/Other
All bran
Blueberry muffin
Bran flakes
Cheeseburger
Chicken vegetable soup
Chili w/ beans
Clam chowder
Cocoa mix made with milk
Granola w/ raisins
Ham and bean soup
Macaroni & cheese
Minestrone
Oat bran muffin
Pumpkin pie
Raisin bran
Tomato soup
Trail mix
Wheat pancakes



Kidney Kitchen

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