



## “Double Win” Foods

“Double win” foods are both low in phosphorus AND in potassium

The foods on this list have less than 100 mg phosphorus **AND** 150 mg potassium per serving.

Grains & Starches	Serving size
Bagel, plain	1 small (69 grams)
Cream of Wheat® (regular)	1 cup
Egg noodles	½ cup
English muffin	1 muffin (57 grams)
Graham crackers	1 large rectangle piece (14 grams)
Hamburger bun	1 roll (44 grams)
Hotdog bun	1 roll (44 grams)
Malt-o-meal®	3 tablespoons dry cereal + 1 cup water
Multigrain bread	1 slice (26 grams)
Naan	1 piece (90 grams)
Pancake, buttermilk	1 pancake (38 grams)
Pita	1 large 6 ½ inch diameter (60 grams)
Pretzel, soft	1 medium (115 grams)
Pumpernickel bread	2 slices
Rice noodles, cooked	½ cup
Rye bread	2 slices
Saltines	5 cracker squares
Spaghetti, regular	1 cup
Tortilla, corn or flour	1 medium (28 grams)
Whole wheat bread	1 slice (32 grams)

Protein	Serving size
Brazilnut	1 kernel
Macadamia	10-12 nuts
Oysters, raw	1 pacific oyster
Pecans	1 ounce
Salmon, fresh	1 ounce
Walnuts	14 halves

Fruit & Fruit Juices	Serving size
Apple, raw	1 cup slices
Apple juice	½ cup
Applesauce	½ cup
Apricot, raw	1 apricot
Blackberries, raw	½ cup
Blueberries, raw	½ cup
Cantaloupe	1 wedge
Cranberries, dried	¼ cup
Figs	2 figs
Grapes	10 grapes
Lemon	1 lemon
Mango	½ cup pieces
Papaya	½ cup
Peaches, canned in water	½ cup
Plum	1 plum
Pineapple, raw	½ cup chunks
Raspberries, raw	½ cup
Strawberries, raw	½ cup halves
Tangerine oranges, raw	1 medium
Watermelon	½ cup

Milk & Dairy	Serving size
Almond milk	½ cup
Chocolate pudding	1 container (3 ½ ounce)
Cream cheese	1 ounce
Feta cheese	1 ounce
Half & half	1 tablespoon
Orange sherbet	½ cup
Parmesan cheese	2 tablespoons
Sour cream, light	1 tablespoon
Sour cream, fat free	1 tablespoon
Strawberry ice cream	½ cup
Tapioca pudding	4 ounces
Vanilla ice cream	½ cup
Vanilla pudding	4 ounces



# beyond bananas

**Add:**  
Alfalfa Sprouts, raw 1 cup

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Vegetables	Serving size
Asparagus	4 spears, medium
Bamboo shoots, canned	½ cup
Beans, snap, green, all styles	½ cup
Beets, canned	½ cup slices
Broccoli, raw	½ cup, chopped/diced
Cabbage, green or red	½ cup
Carrots, canned	½ cup, slices
Celery	8 strips, 4-inches long
Collards, raw	½ cup, chopped
Cucumber with peel	½ cup, sliced
Cucumber without peel	½ cup, sliced
Eggplant, cooked	½ cup, 1-inch cubes
Iceberg lettuce	1 large leaf or 1 cup, chopped
Okra	½ cup
Onion, raw	½ cup, chopped
Peppers, green	½ cup, chopped
Pickle, dill	1 small spear
Radish, raw	½ cup, slices
Sauerkraut, canned	½ cup, drained
Spinach, raw	½ cup
Tomato, raw	1 medium slice

Other (beverages, sweets, processed foods)	Serving size
Apple pie	1 piece (155 grams)
Cherry pie	1 piece (180 grams)
Chicken noodle soup	1 cup
Chocolate chip cookie	1 medium cookie
Club soda	1 can/bottle (12 fluid ounces)
Cream of mushroom soup	1 cup
Doughnut	1 medium doughnut
Fruit leather	1 packet (21 grams)
Gravy, beef/chicken	¼ cup
Ginger ale	1 can/bottle (12 fluid ounces)
Honey	1 packet (14 grams)
Jelly/jam	1 tablespoon
Ketchup	2 tablespoons
Lemon/lime soda	1 can/bottle (12 fluid ounces)
Mustard	1 teaspoon
Popcorn	1 cup
Salad dressings	1 tablespoon
Tea, green	4 fluid ounces
Tortilla chips	1 ounce
White cake, no frosting	67 grams



AstraZeneca is the sole supporter of the *Beyond Bananas* campaign