



What's Hiding on the Supermarket Shelves May Be Putting Your Kidneys at Risk

PHOSPHORUS



- colas
- fruit punch
- flavored waters
- packaged rice and pasta meals

PROCESSED FOODS
FROZEN FOODS

- frozen:*
- chicken
- pork
- chicken nuggets
- baked goods

- deli meats
- tenderized meat
- organ meats
- canned salmon
- sardines

ANIMAL PROTEIN
CERTAIN SNACKS

- tortilla chips
- cheese puffs
- corn chips

