PHOSPHORUS

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

NO TASTE OR SMELL

FIND IT

LOOK FOR "PHOS." CHECK LABELS!

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

FROZEN FOODS
- frozen: chicken
- pork
- chicken nuggets
- baked goods

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

CERTAIN SNACKS
- tortilla chips
- cheese puffs
- corn chips

National Kidney Foundation™