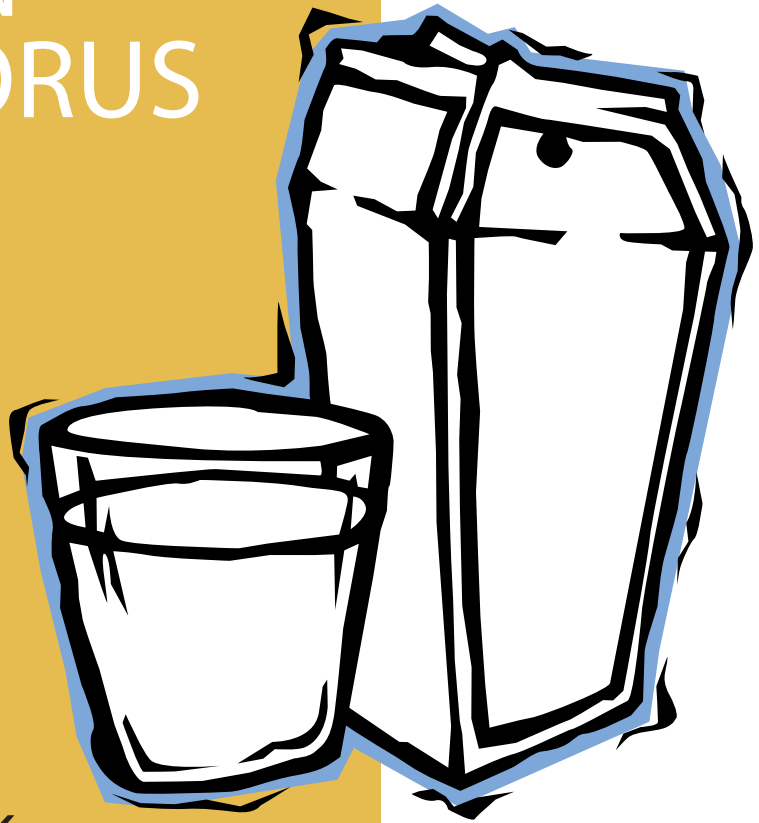


ALL COW'S MILK IS HIGH IN PHOSPHORUS

- Whole milk
- Lowfat milk
- Skim milk
- Powdered milk
- Canned milk
- Condensed milk



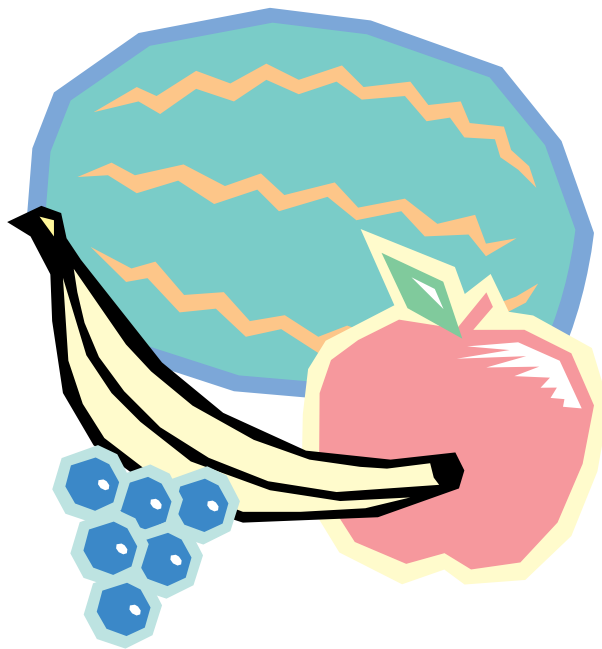
Speak to your dietitian
about milk alternatives!

4 ounces of
milk (1/2 cup)
is equal to
your daily high
phosphorus
choice!

DANGER! DANGER! DANGER!

AVOID THESE HIGH POTASSIUM JUICES

- Orange Juice
- Mango Juice
- Carrot Juice
- Prune Juice
- Tomato Juice
- Coconut Juice
- Pomegranate Juice
- V-8 Juice
- Noni Juice



Do not drink any
juice or beverage
before checking
with your
dietitian!