

Arby's

- The following items from Arby's contain phosphorus additives:

Roast Beef
Beef
Ham
Bacon
Chicken
Corned Beef
Roast Turkey
Cheese
Potatoes
Jalapeno bites
Onion petals
Biscuits
Croissants
Chocolate cookie
Milk shakes
Cola beverages
Buttermilk dressing

- These foods add phosphorus to your diet.
- Avoid menu items that consist of these foods.