

Bruegger's Bagels

- The following items from Bruegger's Bagels contain phosphorus additives:

Fortified multigrain bagel
Sundried tomato bagel
Cream cheese
Whole wheat wrap
Chicken
Roast beef
Turkey
Ham
Clams
Bacon
American cheese
Oatmeal raisin cookie
Brownies
Dessert bars
Marshmallow chew
Muffins
Iced coffee with cream

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