

McDonald's

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

Buns
Chicken
Fish
Bacon
French fries
American cheese
Biscuits
McMuffins
McGriddles
Hotcakes
Hash browns
Eggs
Granola
Hot caramel topping (for sundaes)
Hot fudge topping (for sundaes)
Apple pie
Vanilla ice cream
Cookies (except McDonaldland chocolate chip cookies)

- These foods add phosphorus to your diet.

➤ Avoid menu items that consist of these foods.