

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
Flour tortilla
Eggs
Breakfast steak

Canadian bacon
Granola
Hot caramel topping (for
sundaes)
Hot fudge topping (for
sundaes)
Chocolate drizzle on
coffee drinks
Coffee creamer
Shakes
Cinnamon melts
Apple pie
Vanilla ice cream
Cookies

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