

Taco Bell

- The following items from Taco Bell contain phosphorus additives:

Flour tortilla
Chalupa shell
Flat Bread
Beef
Steak
Chicken
Chili
Nacho cheese sauce
Lava Sauce
Potato bites
Sour cream
Three cheese blend
Caramel Apple Empanada

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