

# Wendy's

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

All Chicken/Wings

Bacon

Turkey

Ham

Buns and Rolls

American cheese

Frosty (all flavors)

French fries

Sour cream

Ancho chipotle ranch dressing

Cheddar cheese sauce

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