

# Food Products Commonly Containing Phosphorus Additives

Read ingredient labels to find phosphorus additives. Phosphorus additives are commonly added to ready to eat foods such as:

- Meats/ Poultry/ Seafood
  - Processed items such as chicken nuggets, hot dogs, deli meats, crab
  - Items enhanced with a broth solution such as quick frozen chicken, turkey
- Bakery products
  - Biscuits, snack cakes
- Cheeses
  - Processed and spreadable cheeses
- Instant products
  - Puddings, sauces
- Beverages
  - Colas, flavored waters, fruit drinks

Can you find the **phosphorus** additives in the ingredients?

Ingredients: Enriched macaroni product (wheat flour, niacin, ferrous sulfate [iron], thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), cheese sauce mix (whey, milkfat, milk protein concentrate, salt, calcium carbonate, sodium tripolyphosphate, contains less than 2% of citric acid, sodium phosphate, lactic acid, milk, yellow 5, yellow 6, enzymes, cheese culture)