

the low-down on Go Fresh! phosphorus

Fresh produce has very little phos! Filling your plate with produce or snacking on fresh fruits and veggies can help keep your phos down!

Phosphorus is a common food additive. Cooking from scratch can help cut back on phosphorus.



GREAT CHOICES!



carrots



cucumbers



peppers



snap peas



radishes



celery



berries



apples



mandarins



grapes



pineapple



plums



egg



fresh grilled chicken

psst...fresh produce is low sodium!

LIMIT THESE



choc cake

