

	<h2 style="color: green;">Low Phosphorus Drinks</h2> <p>(Limit total fluids to 32 ounces daily)</p>						<h2 style="color: red;">Drinks to Avoid</h2> <p>(contain phosphorus)</p>				
											
Fanta Grape, Pineapple, Strawberry	A&W, Mug, Barq, IBC Root Beer	Crush Grape, Orange, Cherry, Pineapple, Strawberry		Canada Dry Green Tea, Ginger Ale	Orange Fanta	Hawaiian Punch	Sunny D all flavors	Mountain Dew Code Red	Hires Root Beer		
											
Ginger ale	7-up	Sprite	Sierra Mist	Fresca	All colas: diet, regular, vanilla, etc						
											
Welch's Fruit Punch	Tropicana Twister Soda	Sunkist Orange	Sunkist Lemonade	Minute Maid Lemonade	Pibb Xtra	Amp Energy	Muscle Milk	G2 G Series	Gatorade		
											
Fresh brewed tea	Lipton Natural Tea	Lipton Pureleaf Tea	Arizona Tea	Turkey Hill Green Tea, Raspberry Tea	Nestea Iced Teas	Lipton Iced Tea and Green Tea	Turkey Hill Unsweetened Iced Tea	Lipton Sparkling	Lipton Brisk Tea		
											
Turkey Hill Lemonade, Orangeade, Limonade	IBC or Mug Cream Soda	IBC Cherry or Limeade	Welch's Grape Soda	Country Time Lemonade ready-to-drink	Country Time Powdered Lemonade and Tea	Tang	Monster Rehab Tea + Lemonade + Energy	Powerade	Starbucks Double Shot		
											
Simply Lemonade, Limeade, Lemonade with Raspberry (avoid other flavors due to higher potassium)	Minute Maid Lemonade (refrigerated)	Tropicana Berry Punch 5% juice, (refrigerated)	Snapple tea in glass bottles	Some Snapple drinks in plastic bottles	Dasani or Sobe Flavored Water	Aquafina Flavor Splash	Propel Zero	Fruit2O			
											
Stewart's Key Lime	Ocean Spray	Hi-C Lemonade	Capri Sun	Koolaid Jammers	Koolaid powder	Little Hugs Fruit Barrels	Crystal Light	Vitamin Water	Yoo-hoo		

❑ Avoid drinks that include "phos" ingredients such as phosphoric acid, polyphosphates, sodium hexaphosphate, calcium phosphate, monopotassium phosphate, sodium polyphosphates. This type of