McDonald’s

➢ The following items from McDonald’s contain phosphorus additives:

- Buns
- Chicken
- Fish
- Bacon
- French fries
- American cheese
- Biscuits
- McMuffins
- McGriddles
- Hotcakes
- Hash browns
- Flour tortilla
- Eggs
- Breakfast steak
- Canadian bacon
- Granola
- Hot caramel topping (for sundaes)
- Hot fudge topping (for sundaes)
- Chocolate drizzle on coffee drinks
- Coffee creamer
- Shakes
- Cinnamon melts
- Apple pie
- Vanilla ice cream
- Cookies

➢ These foods add phosphorus to your diet.

➢ Avoid menu items that consist of these foods.