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.