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)