D'Alessandro et al. BMC Nephrology 2015, 16:9	Beverages and Foods with phosphate-additives (E338-343 E450-458 E540-545): soft drinks (cola in particular), dehydrated milk, processed cheese, processed meat (i.e. chicken nuggets), dessert, instant cappuccino
***	Hard cheeses: parmesan, cheddar, emmentaler, pecorino Nuts Yolk
Boiling	Meat (a): sausages, offal (liver, brain) Poultry (a): turkey Fish (a): shrimp, squid, salmon Soft cheeses: cottage, cream, mozzarella cheese
Advice: discard the cooking water after boiling. The boiled food may be stir-fried in a pan or browned in the over (i.e. with olive oil and spices) or cooked	Meat (b): rabbit, lamb, ham with no preservatives, pork, veal Poultry (b): chicken Fish (b): trout, tuna fish, cod, hake, sole Milk , yogurt
with tresh tomatoes.	Cereals: bread, pasta, rice, cous cous, maize flour, cornflakes Legumes: peas, broad beans, beans, chickpeas, lentils, soy
A CONTRACTOR	Egg white Fruits and vegetables (c) Olive oil and vegetables fats (d) (i.e. vegetable margarine, corn oil, peanut oil) Butter (d) Sugar (e) Protein-free products (f)

Figure 1 The phosphorus pyramid. Foods are distributed on six levels on the basis of their phosphorus content, phosphorus to protein ratio and phosphorus bioavailability. Each level has a colored edge (from green to red, through yellow and orange) that corresponds to recommended consumption frequency, which is the highest at the base (unrestricted intake) and the lowest at the top (avoid as much as possible). a) foods with unfavorable phosphorus to protein ratio (>12 mg/g); b) foods with favorable phosphorus to protein ratio (<12 mg/g); c) fruits and vegetables must be used with caution in dialysis patients to avoid excessive potassium load; d) Fats must be limited in overweight/obese patients, to avoid excessive energy intake; e) sugar must be avoided in diabetic or obese patients; f) protein-free products are dedicated to patients not on dialysis therapy and who need protein restriction but a high energy intake.