

Chocolate Treats

- Chocolate can have **more potassium and phosphorus**.
- If your doctor said you need to watch your phosphorus, you may need to have **smaller amounts**. Here are some chocolate treats options that are **lower in potassium and phosphorus**. These can be okay **once in a while**.

Food Name	Serving Size	Calories	Carbs (grams)	Potassium (mg)	Phosphorus (mg)
Andes Mint® 	4 pieces	100	12	72	50
Chocolate Cheerios® 	1/2 cup	70	14	85	55
Cocoa Puffs® 	3/4 cup	100	23	85	60
Chocolate Chex™ 	3/4 cup	130	26	60	40
Chocolate Lucky Charms® 	3/4 cup	110	24	70	60
Chocolate Syrup 	1 Tbsp	50	12	35	25
Hershey Bar® 	1/2 bar	120	13	80	40
Hershey Kisses® 	4 pieces	105	12	78	60
M&Ms® (plain) 	28 pieces	117	17	62	35
Oreo Cookie 	2 cookies	105	17	37	40
Snickers Bar® 	1 fun size	70	9	50	30
Tootsie Rolls® 	4 pieces	100	23	30	15
York Peppermint Pattie™ 	3 minis	150	32	45	10

