

# PHOSPHORUS FOOD GUIDE

(This guide was designed for people with kidney problems. Please check with a doctor or Registered Dietitian Nutritionist before changing your diet.)

Our bodies use phosphorus to form strong bones, make energy, make hormones, and move muscles. We get phosphorus from the foods we eat. The kidneys remove extra phosphorus from the blood and transport it out of the body through our urine.

When our kidneys are not working well they are no longer able to remove extra phosphorus from the blood. Too much phosphorus in the blood is a problem for people with kidney disease, especially those on dialysis. Most foods contain phosphorus, but some foods contain much more than others. If your doctor has prescribed a phosphorus-binder for you, always take as directed with every meal and snack.



**High levels of phosphorus in the blood can cause the following:**

- Bone and heart problems that can lead to hospital stays (over time, high phosphorus can be very dangerous)
- Calcification or hardening of tissues and organs that can be painful and lead to serious health problems
- Bone pain and weak bones
- Bloodshot eyes
- Itchy skin



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# FOODS HIGH IN PHOSPHORUS\*

## Dairy



Milk



Cheese



Ice cream



Cream soups

## Beans, Nuts, Seeds



Dried peas and lentils



Canned and dried beans  
(e.g., kidney, adzuki, mung)



Edamame (soybeans)



Nuts and seeds

\*Some of these foods may be added into your diet in small amounts. Check with your Registered Dietitian Nutritionist.

# FOODS HIGH IN PHOSPHORUS (CONTINUED)\*

## Grains



Granola and breakfast bars



Whole-grain breads

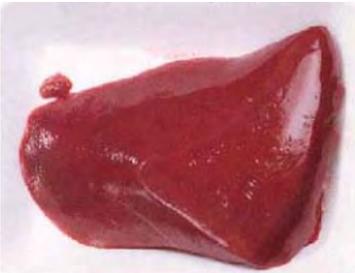


Bran cereal



Oatmeal

## Other



Organ meats (liver, kidney)



Tako (octopus)



Clams or oysters



Coconut milk



Chocolate

*\*Some of these foods may be added into your diet in small amounts. Check with your Registered Dietitian Nutritionist.*

# FOODS WITH ADDED PHOSPHORUS—AVOID THESE FOODS



Chicken nuggets



Hot dogs, cold cuts



Sausage (Vienna, Portuguese)



Canned meats



Fish cake and imitation crabmeat



Some bottled and canned iced teas, coffees, colas



Many fast foods



Chocolate-hazelnut spreads



Cake doughnuts



Frozen waffles, scones, biscuits



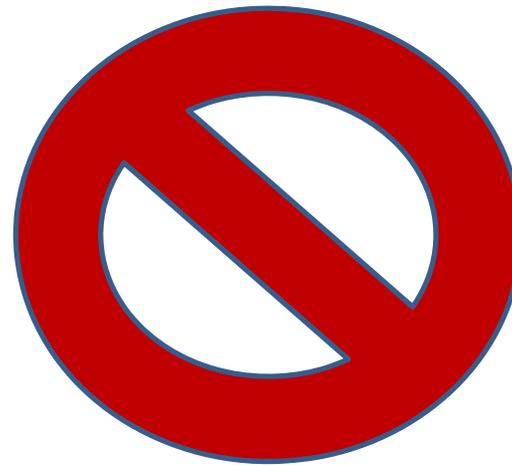
Boxed mixes (pancake, muffin, cornbread)

# FOODS WITH ADDED PHOSPHORUS

- Phosphorus is added to many processed foods. Added phosphorus is absorbed by our bodies more than phosphorus that is naturally found in foods like whole grains, fruits, vegetables, and dairy products.
- Avoid eating foods with added phosphorus.
- Read the list of ingredients on packaged foods and look for the letters 'PHOS' to help you find added phosphorus.

**INGREDIENTS:** SUGAR, SKIM MILK, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEY, EGGS, HIGH FRUCTOSE CORN SYRUP, VEGETABLE OIL, PARTIALLY HYDROGENATED VEGETABLE OIL, MARGARINE, SOY LECITHIN, CALCIUM SODIUM EDTA, ANNATTO, WATER, MODIFIED CORN STARCH, BAKING POWDER (SODIUM ACID PYROPHOSPHATE), BAKING SODA, CORNSTARCH, MONOCALCIUM PHOSPHATE, MODIFIED TAPIOCA STARCH, SALT, EMULSIFIER (WATER, PHOSPHORIC ACID, SODIUM PROPIONATE AND SODIUM BENZOATE, VANILLA, SUGAR, CREAM OF TARTAR, SOY LECITHIN, ZANTHAN GUM, NATURAL AND ARTIFICIAL FLAVORS, SODIUM CITRATE, PROPYLENE GLYCOL, DISODIUM PHOSPHATE, TAPIOCA DEXTRIN, BETA CAROTENE.

**CONTAINS MILK, WHEAT, EGGS AND SOY**



## EXAMPLES OF ADDED PHOSPHORUS:

Dicalcium **phosphate**, monocalcium **phosphate**, monopotassium **phosphate**, **phosphoric acid**, potassium tripoly**phosphate**, sodium hexamet**phosphate**, tetrasodium pyro**phosphate**