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

Developed by Sara Carlson, UH Dietetic Intern (Cyndy Kahalewale, MPH, RDN, LD, Preceptor, Hawai‘i Foods Website, May 2015)
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.
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.

**EXAMPLES OF ADDED PHOSPHORUS:**
Dicalcium phosphate, monocalcium phosphate, monopotassium phosphate, phosphoric acid, potassium tripolyphosphate, sodium hexametaphosphate, tetrasodium pyrophosphate

**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