**High Phosphorus Foods**
*(More than 120 mg per serving)*

**DAIRY PRODUCTS:** Milk • Cheese • Cottage Cheese • Yogurt • Ice Cream • Pudding

**NUTS & SEEDS:** Most Nuts and Seeds • Almonds • Cashews • Pistachios • Peanut Butter • Pecans • Pumpkin Seeds • Sunflower Seeds

**DRIED BEANS AND PEAS:** Baked Beans • Black Beans • Garbanzo Beans • Kidney Beans • Lentils • Pinto Beans • Refried Beans • Split Peas • Soy Beans

**MEAT:** Fish & Sea Food • Bacon • Beef • Lamb • Liver • Turkey • Veal

**CARBOHYDRATES:** Bran Cereals • Oatmeal • Whole Grain Products

**BEVERAGES:** Beer/Ale • Cocoa • Chocolate drinks • Dark Soda • Bottled Iced Tea

Please visit www.nephcure.org to find more diet related resources.

**Low Phosphorus Diet Guidelines**

For patients dealing with Chronic Kidney Disease

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NEPHCURE
Kidney International
Saving Kidneys • Saving Lives
**Phosphorus** is a mineral that helps build strong, healthy bones and keeps muscles working correctly. When food containing phosphorus is consumed and digested, the small intestines absorb it and it becomes stored in the bones.

Kidney disease may cause the kidneys to be unable to remove excess phosphorus from the blood. High phosphorus levels cause bones to weaken and lead to dangerous calcium deposits in blood vessels, eyes, lungs, and heart.

Levels of phosphorus in the blood should be monitored by a healthcare provider. The normal level of phosphorus should range from 2.4 to 4.1.

Low phosphorus diets limit total consumption to 800 to 1,000 mg daily. Check with your physician to receive the daily limit that’s right for you.

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**Hyperphosphatemia** is the medical term that describes an electrolyte disturbance in which there is an abnormally elevated level of phosphate in the blood.

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**Steps you can take to keep phosphorus at safe levels:**

- Know what foods are lower in phosphorus (on right).
- Pay close attention to serving size.
- Eat smaller portions of foods that are high in protein.
- Eat fresh fruits and vegetables.
- Ask your physician about using phosphate binders at meal time.

Avoid packaged foods that contain added phosphorus. Look for phosphorus, or for words with PHOS, on ingredient labels, like the one below.

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**Low Phosphorus Foods**

*(Less than 110 mg per serving)*

**FRESH FRUITS:** All fruits are low in phosphorus

**FRESH VEGETABLES:** All vegetables are low in phosphorus

**CARBOHYDRATES:** Breads (white) • Crackers (not wheat) • Pasta • Popcorn • Corn and Rice Cereal • Rice (white)

**MEAT:** Fresh Meat (Check for added PHOS) • Hot Dog • Sausage • Egg

**BEVERAGES:** Fruit Juices • Light Colored Soda • Tea • Coffee (no dairy) • Home Brewed Iced Tea

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**Examples of Foods that May Have Added Phosphorus**

- Frozen uncooked meats and poultry
- Frozen baked goods • Chicken nuggets
- Cereals, cereal bars • Baking mixes
- Instant puddings • Sauces

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*One serving of fruit is one small piece; ½ cup fresh, canned, or cooked fruit; or ½ cup juice. One serving of vegetables is ½ cup fresh or cooked vegetables, 1 cup raw leafy vegetables, or ¼ cup juice. One serving of bread is one slice. One serving of rice, noodles, & pasta is 1/3 cup cooked. One serving of cereal 1 cup dry or ¼ cup cooked. One serving of meat is 1 to 3 oz.*