

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



Low Phosphorus Diet Guidelines



For patients dealing with Chronic Kidney Disease

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



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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.

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

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.

Ingredients: Potatoes, Vegetable Oil (Partially Hydrogenated Soybean Oil), Salt, Dextrose, Disodium Dihydrogen Pyro**phos**phate...

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



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

*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 ½ 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 ½ cup cooked. One serving of meat is 1 to 3 oz.