

# High Phosphorus Foods

## Dairy Products

- Milk
- Cheese
- Cottage Cheese
- Yogurt
- Ice Cream
- Pudding



## Meat

- Fish and Seafood
- Bacon
- Beef
- Lamb
- Liver
- Turkey
- Veal



## Nuts and Seeds

- Most nuts and seeds
- Almonds
- Cashews
- Pistachios
- Peanut Butter
- Pecans
- Pumpkin Seeds
- Sunflower Seeds



## Carbohydrates

- Bran Cereals
- Oatmeal
- Whole Grain Products



## Beverages

- Beer/Ale
- Cocoa
- Chocolate Drinks
- Dark Soda
- Bottled Iced Tea



## Dried Beans and Peas

- Baked Beans
- Black Beans
- Garbanzo Beans
- Kidney Beans
- Lentils
- Pinto Beans
- Refried Beans
- Split Peas
- Soy Beans



# Low Phosphorus Diet Guidelines

For patients with  
Chronic Kidney Disease

My Phosphorus Allowance is \_\_\_\_\_ mg



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Kidney International

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# Lower Phosphorus Foods

## 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:

- **Fruit** is one small piece, ½ cup fresh, canned or cooked fruit, or ½ cup juice.
- **Vegetables** is ½ cup fresh or cooked vegetables, 1 cup raw leafy vegetables, or ½ cup juice.
- **Meat** is 1-3 ounces cooked.
- **Bread** is one slice.
- **Eggs** is 1 egg or ¼ cup egg substitute.
- **Rice, noodles, and pasta** is ½ cup cooked.

## Fresh Fruits

All fruits are low in phosphorus



## Fresh Vegetables

All vegetables are low in phosphorus

- Breads (white), Crackers (not wheat)
- Pasta
- Popcorn
- Corn and Rice cereal
- Rice (white)



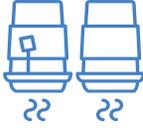
## Meat

- Fresh meat (check for added PHOS)
- Hot Dog
- Sausage
- Egg



## Beverages

- Fruit Juices
- Light colored soda
- Tea
- Coffee (no dairy)
- Home-brewed Iced Tea



# What is Phosphorus?

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 800-1,000 mg daily. Check with your physician to receive the daily limit that is 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.
- 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 prepackaged foods that contain added phosphorus. Look for phosphorus, or for words with PHOS, on ingredient labels, the the one below.

**Ingredients:** Potatoes, vegetable oil (partially hydrogenated soybean oil) salt, dextrose, disodium dihydrogen pyrophosphate...