

High Phosphorus Foods

Dairy Products



- Milk
- Cheese
- Cottage cheese
- Yogurt
- Ice cream
- Pudding

Meat



- Fish & seafood
- Bacon
- Beef
- Lamb
- Liver
- Turkey
- Veal

Dried Beans & Peas



- Baked beans
- Black beans
- Garbanzo beans
- Kidney beans
- Lentils
- Pinto beans
- Refried beans
- Split peas
- Soy beans

Nuts & Seeds



- Most nuts & seeds
- Almonds
- Cashews
- Pistachios
- Peanut butter
- Pecans
- Pumpkin seeds
- Sunflower seeds

Beverages



- Beer/ale
- Cocoa
- Chocolate drinks
- Dark soda
- Bottled iced tea

Carbohydrates



- Bran cereals
- Oatmeal
- Whole grain products

Low Phosphorus Diet Guidelines

For patients with rare kidney disease

NephCure
for Rare Kidney Disease



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:

1. Know what foods are lower in phosphorus.
2. Pay close attention to serving size.
3. Eat smaller portions of foods that are high in protein.
4. Eat fresh fruits and vegetables.
5. 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, like the one below.

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

Lower Phosphorus Foods

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 & 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:

- **Fruit** is one small piece, 1/2 cup fresh, canned or cooked fruit, or 1/2 cup juice.
- **Vegetables** is 1/2 cup fresh or cooked vegetables, 1 cup raw leafy vegetables, or 1/2 cup juice.
- **Meat** is 1-3 ounces cooked.
- **Bread** is one slice.
- **Eggs** is 1 egg or 1/4 cup egg substitute.
- **Rice, noodles, and pasta** is 1/3 cup cooked.