Most foods have phosphorus. This guide will help you control your phosphorus intake to help you stay healthy.

**HIDDEN PHOSPHORUS**
- Fresh foods are best.
- Beware of phosphorus added to packaged foods, instant products, frozen meals, spreadable cheeses, and certain snacks.
- Check food labels for “PHOS” to find hidden phosphorus.

**DEALING WITH DAIRY**
- Milk and milk products add protein to your diet, but they are also high in phosphorus and calcium.
- Look for dairy substitutes that are lower in phosphorus.

**SMART SNACKS**
- It’s okay to snack as long as you make smart choices.
- Snacks are also a good way to increase calories.
PHOSPHORUS AND YOUR KIDNEY DIET

“VEGGIE” PROTEIN
• Phosphorus from vegetables is not used as readily by the body as phosphorus from meat.
• Ask your dietitian how to use vegetable protein in your diet.
• For example: beans, black-eyed peas, lentils, or tofu. These foods also contain potassium.

DINE OUT WITHOUT A DOUBT
• Fast foods are loaded with phosphorus additives.
• Whenever possible, choose non-fast food restaurants that make foods from scratch using fresh ingredients such as hamburgers, fish, chicken, or steak.
• If the portion sizes are too large, eat half and take the other half home.

SENSIBLE CHEATING
• If your blood phosphorus is in good range, ask your dietitian how to occasionally have a favorite food that is high in phosphorus by having a small portion.

TRY NEW RECIPES
- stir-fried tofu
- pasta or rice with beans

INSTEAD OF
- cheese burger
- cheese enchilada

TRY
- hamburger with lettuce and onion
- beef taco with lettuce and onion

INSTEAD OF
- 1 cup of ice cream
- 2 slices of pizza

TRY
- ½ cup of ice cream
- 1 slice of pizza

For additional information about phosphorus and your diet, go to www.kidney.org.