



If you need to limit phosphorus

What is phosphorus?

Phosphorus is a mineral found in bones. Along with calcium, phosphorus helps build strong, healthy bones, and keeps other parts of your body healthy.

Why limit phosphorus?

Too much phosphorus in your blood can cause changes that pull calcium out of your bones, making them weak. High phosphorus and calcium levels also lead to dangerous calcium deposits in your blood vessels, lungs, eyes and heart.

How much phosphorus is okay to eat?

Your healthcare professional recommends eating less than:

_____ mg per day

READ FOOD LABELS

to find the best choice for your diet

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Phosphorus	10%

Servings Per Container lists how many portions per container.

Serving Size tells you what a single portion is.

% Daily Value is based on a 2,000 calorie daily diet. This number helps you know if a food is high or low in a nutrient, even if you eat more than 2,000 calories.

Phosphorus is not required to be listed by law. It is listed here, but may not be listed even if the product contains phosphorus. In this example, the daily value of phosphorus is 10%, so it may not be a good choice for you.

INGREDIENTS: WHOLE WHEAT, SOYBEAN AND/OR PALM OIL, SALT. **CONTAINS: WHEAT.**

Ingredients are listed in order of weight, with the item of the most weight listed first.

In general, the amount of phosphorus means:

Amount	% Daily Value	Level
Under 100 mg	less than 5%	Low
51-100 mg	5-10%	Medium
over 100 mg	over 10%	High

In the example above, the daily value of phosphorus is 10%, so it is high and may not be a good choice.

USE HEALTHY TIPS

to shop, plan, and prepare meals with less potassium

At home

- Use non-dairy creamers and milk substitutes in place of milk in cereals, coffee, and many sauces.
- Serving size is very important because most foods have phosphorus. Remember, a large amount of a low-phosphorus food can turn into a high-phosphorus food.
- Watch out for food additives containing phosphorus. They are often found in baking powder, cake donuts, cake mixes, pasta products, puddings, and processed foods.

At restaurants

- Choose restaurants best suited to your diet or where food is made to order. Call ahead and explain that you are following a special diet. Ask about the menu and how their food is prepared. Check out the menu on the restaurant's website.
- Limit mixed dishes or casseroles, which are usually higher in sodium and phosphorus.
- For desserts, choose from those that have simple preparations to avoid "hidden" phosphorus and potassium.
- Limit desserts with chocolate, cream cheese, ice cream, or nuts. They will be much higher in potassium and phosphorus.
- **By cuisine**
French food
• Limit foods prepared in heavy butter, cheese, or cream sauces.
Mexican food
• Order a la carte or select entrees that are not served with beans or excess cheese.

Asian and Indian food

- Limit the yogurt, and remember that many Indian desserts contain milk and will be high in phosphorus.

Soul food

- Limit the phosphorus-rich foods like dried beans, black-eyed peas and organ meats, such as chitterlings/chitlins.



HIGH-PHOSPHORUS FOODS

- Dairy products such as milk, cheese, custard, cottage cheese, yogurt, ice cream, pudding



- Packaged and processed foods with phosphate additives. Look on the ingredient label for words beginning with “Phos”



- Protein rich foods such as meat, fish, poultry, nuts, seeds, and beans (note: protein rich foods are necessary for good health)



- Beverages such as cocoa, ale, beer, chocolate drinks, and dark cola drinks



LOW-PHOSPHORUS FOODS

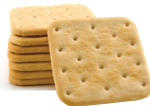
- Fresh fruits such as apples, apricots, blackberries, grapes, tangerines, pears, peaches, pineapple, plums and strawberries



- Fresh vegetables such as cauliflower, carrots, cucumber, celery, green beans and broccoli



- Popcorn, crackers



- Rice cereal



- Sherbert, sorbet



- Coffee or tea without milk, light-colored sodas (such as ginger ale), fruit juices



COMMON SERVING SIZES

FOOD GROUP	SERVING SIZE
Meat, fish, and poultry	
Meats, fish, poultry	1 oz cooked
Dairy	
Milk or milk substitute	4 oz or 1/2 cup
Egg	1 egg or 1/4 cup egg substitute
Cheese	1 oz
Grains	
Cooked pasta, rice	1/3 cup
Cereal, cooked	1/2 cup
Cereal, ready-to-eat	1 cup
Bread	1 slice
Hamburger bun	1/2 bun
Vegetables	
Cooked	1/2 cup
Raw	1 medium or 1 cup cut up
Juices	4 oz or 1/2 cup
Fruits	
Fresh	1 small or 1/2 large
Canned or frozen fruit	1/2 cup
Juices	4 oz or 1/2 cup
Berries	1/2 cup
Grapes, cherries	12
Dried fruit	1/4 cup
Fats and oils	
Oils, margarine	1 teaspoon
Mayonnaise	1 tablespoon
Salad dressing	2 tablespoons
Sweets	
Cookies	1 cookie
Ice cream, sorbet, gelatin	1/2 cup
Cake, 2 x 2 inches	1 piece
Fruit pie	1/6 of 8-inch pie
Sugar, jelly, jam	1 tablespoon
Nuts, seeds, and legumes	
Nuts	1/4 cup or 1 oz
Seeds	2 tablespoons
Cooked legumes, beans, peas	1/2 cup
Peanut butter	2 tablespoons

Dietitians who specialize in kidney disease can tell you how many servings from each food group you should have at each meal. Depending on your diet prescription and preferences, you may be able to eat more than one.