

Phosphorus

- Your kidneys help keep the right balance of phosphorus in your body.
- When kidneys are not working as well, phosphorus can build up. This may affect your bones, heart, and blood vessels.
- Some people with kidney problems find it helpful to limit phosphorus. This can support their health.
- Phosphorus is often added to packaged foods. It may not show up clearly on the nutrition label.
- You can check the ingredient list. Look for words with “PHOS”—this means phosphorus was added.
- If you see “PHOS,” you might choose that food less often.

How to check for phosphorus in processed foods:

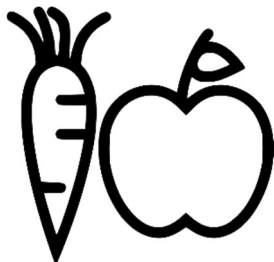


Ingredients: Enriched Flour Bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Whole Wheat Flour, Sugar, Defatted Soy Flour, Baking Powder (baking soda, sodium aluminum phosphate, monocalcium phosphate, Citric Acid, Dextrose), Canola Oil, Buttermilk, Salt, Egg Yolk, Sodium Silicoaluminate, Egg White, DATEM.

Phosphorus Names:

- PHOSphoric Acid
- Dicalcium PHOSphate
- Sodium PHOSphate
- PyroPHOSphates
- PolyPHOSphates

You may find it helpful to limit processed foods with added phosphorus, especially those with “PHOS” in the ingredient list.



Phosphorus is **LESS** absorbed from **unprocessed plant and animal sources.**



Phosphorus is **MORE** absorbed from **phosphorus that has been added to foods.**

Foods High in Phosphorus

Dairy



Cow's Milk



Yogurt



Pudding



Ice Cream



Sliced Cheese



Parmesan Cheese



Mozzarella Cheese



Mexican Blend Cheese

Meats



Deli Meats



Bacon



Sausage



Hot Dogs



Pepperoni



Organ Meats



Beef & Pork



Chicken, Turkey & Duck

Seafood



Sardines & Herring



Clams



Scallops



Tuna



Salmon



Mackerel



Catfish, Carp, Haddock, Cod, Snapper & Bass



Imitation Crab

Grains



Bran Cereals



Waffles



Pancakes



Muffins



Biscuits



Buckwheat



Oat Bran & Cornmeal



Whole Wheat Grains & Breads

Legumes, Nuts & Seeds



Beans



Lentils



Nuts



Seeds



Nut & Seed Butters



Tofu



Soybeans



Quinoa

Other



Dark Colored Sodas (regular & diet)



Fast Food



Canned Soup



Chocolate



Cocoa



Toaster Pastries



Egg Yolks

Foods Low in Phosphorus

Dairy



Plant Milk



Plant Yogurt



Cream Cheese



Cottage Cheese



Ricotta Cheese



Italian Blend



Queso



Feta Cheese

Meats



Chicken
(limit to 3oz)



Turkey
(limit to 3oz)



Duck
(limit to 3oz)



Lean Pork
(limit to 3oz)



Lean Beef
(limit to 3oz)

Seafood



Canned Tuna
& Salmon in
water



Shrimp
(limit to 3oz)



Lobster
(limit to 3oz)



Snow Crab
(limit to 3oz)



Tilapia &
Mahi Mahi
(limit to 3oz)



Eastern
Oysters
(limit to 3oz)

Grains



Cornflakes,
Rice Krispies,
Rice Chex, Kix



Oatmeal, Cream
of Wheat, Grits



White Bread



White Bagel



Plain Crackers



Flour Tortillas



White Pasta



White Rice

Legumes, Nuts & Seeds



Beans
(limit to ½ cup)



Lentils
(limit to ¼ cup)



Nuts
(limit to ¼ cup)



Seeds
(limit to 2 Tbsp)



Nut & Seed
Butters
(limit to 2 Tbsp)



Tofu
(limit to 3oz)



Couscous

Other



Clear Diet
Sodas



Unsweet Tea



Homemade
Soup



Fruit



Vegetables



Sugar-free Jelly



Sugar-free
Popsicles



Egg Whites