

PHOSPHORUS

Phosphorus is a mineral closely associated with calcium in the body. In kidney disease, phosphorus levels in the blood tend to go up and calcium levels go down. In an attempt to bring calcium levels back to normal, calcium moves from the bones to the blood. This leaves the bones brittle, weak, painful and easily broken.

Depending on your blood phosphorus level, you may have to limit your intake of foods high in phosphorus, to achieve good blood phosphorous levels. Limit foods such as milk and milk products and nuts and seeds. Since phosphorus is found in so many foods, it is difficult to limit in the diet. In most cases, medications such as TUMS, Renagel or Magnesium Hydroxide are used to help control phosphorus levels. Your phosphorus-binding medication should be taken with meals and snacks especially when you are eating meat or dairy products. The amount depends on your diet. A large meal that contains more phosphorus may need more binder. A small meal that is low in phosphorus may need less. You will learn how to control your diet and take the binders as prescribed. This will help keep your bones in good health.

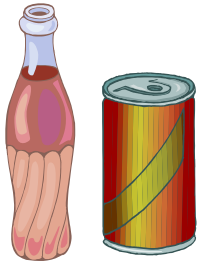
Foods High in Phosphorus to Limit or Avoid

Dairy Products	High quality Protein foods	Other phosphorus foods
Limit to 1.5 choices a day (3/4 cup a day)	Use as prescribed	Avoid these foods:
<ul style="list-style-type: none"> ▪ milk ▪ cream soup ▪ ice cream ▪ milk pudding Limit to 3 choices week: <ul style="list-style-type: none"> ▪ 1 ounce cheese ▪ 1/4cup cottage cheese 	<ul style="list-style-type: none"> ▪ meat ▪ chicken ▪ turkey ▪ fish ▪ egg ▪ salmon with no bones 	<ul style="list-style-type: none"> ▪ nuts and grain seeds such as sunflower or sesame ▪ wholegrain, dark rye and pumpernickel breads ▪ legumes and lentils ▪ organ meats ▪ chocolates and cocoa ▪ cola drinks ▪ beer

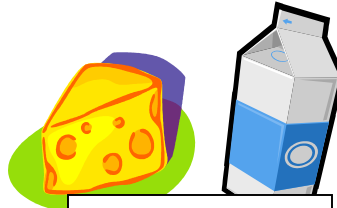
High Phosphorus Foods to Limit or Avoid



High Phosphorus Foods to Limit or Avoid



Colas or Other Dark Pop



Dairy Products
Limit Milk to $\frac{3}{4}$ cup per day



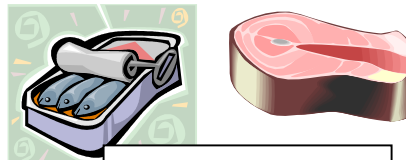
Chocolate



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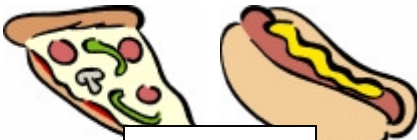
Beer



Bones in Canned Fish



Nuts and Seeds



Processed Meats

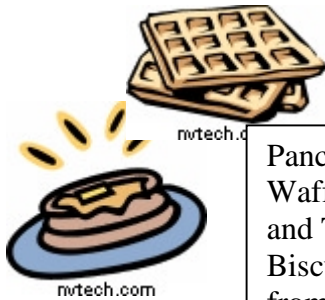


Whole Wheat Flours



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Pancakes, Waffles and Tea Biscuits from Mixes



Dried Beans and Peas



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Bran Breakfast Cereals

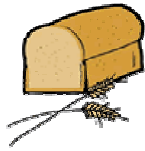


Use only Magic Brand Baking Powder



Organ Meats

High Phosphorus Foods



Milk and Dairy Products: limit to 1 ½ cup serving per day

Cheese
Alfredo Sauce
Whipped Cream
Macaroni & Cheese

Pudding
Ice cream
Cream Soups

Cottage cheese
Milk
Yogurt

Whole Grains and Cereals to Avoid

Granola
Whole Wheat Bread
Raisin Bran
Bran Flakes
Honey Nut Cheerios
Corn Bread and Muffins

Wheat Crackers
Bran Muffins
Brown Rice
Oatmeal
Life Cereal

Biscuit Mix (Bisquick)
Pancake Mix
Frosted Mini Wheats
Whole Wheat Pasta
Cheerios

Nuts and Seeds to Avoid

Almonds
Peanuts
Pecans
Sunflower seeds
Pistachios

Walnuts
Peanut Butter
Filberts
Pumpkin Seeds
Pine nuts

Cashews
Soy nuts
Macadamia
Chestnuts
Tahini

Coconut
Soy nut butter
Hickory nuts
Nut butters

Dried Beans/Legumes: limit to 1 –1/2 cup serving 1 time per week

Black-eyed peas
Northern Beans
Soy Beans
Baked Beans
Cranberry Beans
Red Beans
Yard Long Beans

Kidney Beans
Pinto Beans
Lentils
Black Beans
Pigeonpeas
Miso

Navy Beans
Refried Beans
Adzuki Beans
Chick peas
Pink Beans
Tempeh

Other Foods to Avoid

Cola Soda (Coke, Pepsi, etc...)
Caramel (any candies containing caramel)
Chocolate, Cocoa powder, Hot chocolate
Hot dogs, Sausages, Pizza

Sardines
Raisins, Dates, Figs
Molasses
Mushrooms
Liver and Organ Meats

