Phosphorus and Your Diet

Name: ______________________
The normal blood level of phosphorus is less than _________________
Your level is:_________________ Date_________________________

WHAT IS PHOSPHORUS?

Phosphorus is an important mineral for your body. It is found in many foods. Phosphorus and calcium work together to form strong bones and teeth. Normal working kidneys remove extra phosphorus from your body. If your kidneys are failing, phosphorus may build up in your blood.

WHY DO I NEED TO LIMIT MY PHOSPHORUS INTAKE?

The high phosphorus levels in your blood may draw calcium out of your bones. This calcium can deposit in other parts of your body which may cause damage to your heart, blood vessels, lungs, eyes, skin and/or gums. Also, in time, your bones may become weak and can break easily and/or cause bone pain. This condition is called renal bone disease. There is not a common symptom for high phosphorus levels. You may have itchy skin, bone pain and/or red eyes. The best way to know is with a blood test.

HOW CAN I CONTROL MY PHOSPHORUS LEVEL?

To keep your bones strong, reduce the amount of phosphorus in your meals and snacks. Your doctor will order a medication that acts as a phosphorus binder. This will help lower the amount of phosphorus which goes into your blood. Every time you eat, you need to take this phosphorus binder. Your doctor, pharmacist and/or Dietitian will tell you when to take these pills.

Don’t forget to take your phosphate binders with meals and snacks.
Your phosphate binder is _________________.
Please take:
_____ with breakfast
_____ with lunch
_____ with dinner
_____ with snacks
The amount of phosphorus binders you take may change. This depends on your bloodwork!

Dietitian’s name: ________________ Phone number: ________________

To be used in conjunction with advice from a Registered Dietitian.
**WHAT TO EAT?**

Almost all food contains phosphorus. Knowing what and how much to eat is the key to keeping phosphorus levels in a good range. Unfortunately, the amount of phosphorus in a food is not listed on the food label. This does not mean the food is phosphorus free. This pamphlet will help you become aware of some foods that are low and high phosphorus.

<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>LOWER PHOSPHORUS ☺</th>
<th>HIGH PHOSPHORUS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk &amp; Milk</td>
<td>Cream Cheese</td>
<td>Milk - limit to ____________ (all types including soy &amp; chocolate)</td>
</tr>
<tr>
<td></td>
<td>Brie Cheese</td>
<td>Cheese</td>
</tr>
<tr>
<td></td>
<td>Parmesan Cheese (salty)</td>
<td>Cocoa</td>
</tr>
<tr>
<td></td>
<td>Sour Cream</td>
<td>Ice Cream</td>
</tr>
<tr>
<td></td>
<td>Sherbet</td>
<td>Milkshake</td>
</tr>
<tr>
<td></td>
<td>Original Rice Dream®</td>
<td>Pudding</td>
</tr>
<tr>
<td></td>
<td>Coffee Rich®</td>
<td>Yogurt</td>
</tr>
<tr>
<td></td>
<td>Whipping Cream</td>
<td>Enriched Rice Dream®</td>
</tr>
<tr>
<td></td>
<td>Half &amp; Half</td>
<td></td>
</tr>
<tr>
<td>Meat &amp; Meat Alternatives</td>
<td>Fresh beef, veal, lamb, pork, deer, moose, fish, poultry, tofu, shrimp, tuna, salmon, egg white</td>
<td>Peanut butter- limit to ____________</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cottage Cheese- limit to ____________</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Egg yolk, bacon, sausages, hot dog, cheeseburger, corndog, commercial chicken nuggets, commercial tacos, Egg McMuffin®, Soups with dried beans</td>
</tr>
<tr>
<td>Grains</td>
<td>Unsalted crackers, breads- white, French, light rye, sourdough, whole wheat bread, cereals- made without nuts or bran (e.g. Cornflakes®, Rice Krispies®, Cheerios®, Cream of Wheat), white rice, white pasta</td>
<td>Biscuits from can or mix, cornbread, muffins from mix, oatmeal, pancake/waffles from mix or frozen, brown rice, whole wheat pasta, multigrain bread, cereal with nuts or bran</td>
</tr>
</tbody>
</table>
### Vegetables
- All except those listed in the high category
- Beans- baked, black, garbanzo, kidney, lima, pinto, refried beans
- Baked potatoes, microwaved potatoes

### Fruits
- All fruits are low except those listed in the higher category
- Avocado, dried figs, dried prunes

### Snack foods/ Sweets
- Angel food Cake, fruit pie, pound cake, Jell-O®, marshmallows, cookies/cake made without chocolate & nuts/seeds, pound cake, unsalted crackers, unsalted pretzels, unsalted popcorn
- Chocolate, nuts, seeds, coconut, cream pie, pecan pie, pudding, donut (yeast & cake), Trail mix and granola bars made with nuts & seeds

### Beverages
- Coffee, tea
- Non-colas: Lemon-lime, Grape, Root Beer(*check ingredient list)
- Orange Soda, 7-Up®, Sprite®, Gingerale®, Crystal Light®
- Alcohol: gin, vodka, whiskey with non-cola, wine (check with your physician before drinking alcohol)
- Dairy products- see above
- Coca-cola- all varieties
- Dr. Pepper®
- Nestea COOL®- all varieties
- Pepsi-all varieties
- Root Beer(*check ingredient list)
- Carrot Juice
- Beer

### Ingredients
- Baking soda, cornstarch, butterscotch chips (limit as these are high in potassium), cream of tartar, honey, vinegar
- Baking powder, bulgur, cornmeal mix, wheat bran, white/chocolate chips, sweet condensed milk

Fats are all low in phosphorus

### TIPS FOR SUCCESS
1. Foods that are high in protein such as meat, chicken, fish and eggs are high in phosphorus. These foods should still be included in your daily diet. **Boiling** fresh beef and chicken in water for 30 minutes reduces the amount of phosphorus in the meat. Do not use this cooking water for soups, gravies or stews.

2. Watch your portion sizes.

3. When eating out, AVOID foods that have too much phosphorus.

**EXAMPLES:**
**Foods that say “au gratin”, “creamed”, or “scalloped”.
*Foods containing nuts and beans.
*Ask for burgers and sandwiches without cheese.
*Do not “super” size your meal.
*Bring home your leftovers.

4. Adjust your favourite recipe by using low phosphorus foods to replace high phosphorus foods.

5. The egg yolk is higher in phosphorus than the egg white. Use only 1 whole egg with extra egg whites when making an omelette.

6. Some meats are injected with a preservative that contains phosphorus, (ex. sodium phosphate). Examples of these meats include chicken pieces (nuggets, breasts), hot dogs, seasoned meats and seasoned chicken.

7. The food industry is adding more phosphate additives to foods that are traditionally considered low phosphorus foods. For example:
   - Flavoured waters
   - Enhanced meat/chicken products
   - Non dairy creamers
   - Hawaiian punch®
   - Rootbeers - e.g. Hire’s®, A& W®, PC Old Fashioned®

8. Check food labels for ingredients with the word “phosphate”
   For example:
   - Potassium tripolyphosphate
   - Disodium phosphate
   - Monocalcium phosphate
   - Aluminum phosphate
   - Trisodium phosphate
   - Sodium phosphate
   - Pyrophosphate
   - Phosphoric acid
   - Dicalcium phosphate
   - Tricalcium phosphate
   - Monosodium phosphate
   - Hexametaphosphate
   - Sodium polyphosphate
   - Sodium tripolyphosphate
   - Tetrasodium phosphate