

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.

FOOD GROUP	LOWER PHOSPHORUS ☺	HIGH PHOSPHORUS
Milk & Milk	Cream Cheese Brie Cheese Parmesan Cheese (salty) Sour Cream Sherbet Original Rice Dream® Coffee Rich® Whipping Cream Half & Half	Milk- - limit to _____ (all types including soy & chocolate) Cheese Cocoa Ice Cream Milkshake Pudding Yogurt Enriched Rice Dream®
Meat & Meat Alternatives	Fresh beef, veal, lamb, pork, deer, moose, fish, poultry, tofu, shrimp, tuna, salmon, egg white	Peanut butter- limit to _____ Cottage Cheese- limit to _____ Egg yolk, bacon, sausages, hot dog, cheeseburger, corndog, commercial chicken nuggets, commercial tacos, Egg McMuffin®, Soups with dried beans
Grains	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	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

FOOD GROUP

LOW PHOSPHORUS ☺

HIGH PHOSPHORUS



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	Iced Teas
Enhanced meat/chicken products	Breakfast (cereal) bars
Non dairy creamers	Bottled coffee beverages
Hawaiian punch®	Sunny Delight®
Rootbeers - e.g. Hire’s®, A& W®, PC Old Fashioned®	
8. Check food labels for ingredients with the word “**phosphate**”

For example:

Potassium triphosphate	Sodium phosphate	Monosodium phosphate
Disodium phosphate	Pyrophosphate	Hexametaphosphate
Monocalcium phosphate	Phosphoric acid	Sodium polyphosphate
Aluminum phosphate	Dicalcium phosphate	Sodium triphosphate
Trisodium phosphate	Tricalcium phosphate	Tetrasodium phosphate

