Firefox about:blank



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) ount per serving 230 **Calories** Total Fat 8g 10% Saturated Fat 1g 5% Trans Fat 0g 0% Cholesterol 0mg Sodium 160gg Total Carbohydrate 37g 13% Dietary Fiber 4g Total Sugars 12g Includes 10g Added Sugars 20% Protein 3g Vitamin D 2mcg 10% Calcium 260mg 20% 45% Iron 8mg 10% The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

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 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.



1 of 2

Firefox about:blank

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

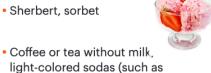


Popcorn, crackers



- · Rice cereal

ginger ale), fruit juices







COMMON SERVING SIZES

FOOD GROUP	SERVING SIZE		
Meat, fish, and poultry			
Meats, fish, poultry	1 oz cooked		
Dairy	1 02 COOKEG		
Milk or milk substitute	4 oz or 1/2 cup		
Egg	1 egg or 1/4 cup egg		
-99	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	•		
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.

© 2021 National Kidney Foundation, Inc. 11-10-8066_JCB

12/4/24, 12:35 PM