

# Managing Your Phosphorus

## What is phosphorus and why is it so important?



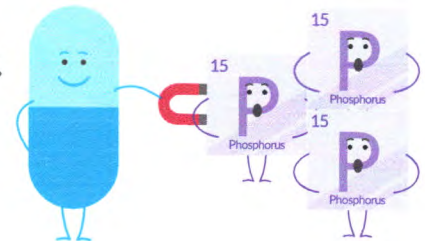
Phosphorus is a mineral needed in the body to form strong bones and teeth. However, when the kidneys don't work well, phosphorus builds up. Too much phosphorus can create big problems for the body.

It can lead to severe itching, heart attack, stroke, loss of limbs, itching, and weak bones. Fortunately, you can take control of phosphorus and avoid these effects!

## What are phosphorus binders?

Phosphorus binders work with your diet to keep phosphorus levels in a healthy range. These binders help prevent the body from absorbing the phosphorus you eat.

Your doctor and renal dietitian will discuss when you should take phosphorus binders and how many to take.



Phosphorus binders:

- May be available in chewable, liquid, or pill form.
- Must be taken with food as they work in the stomach.

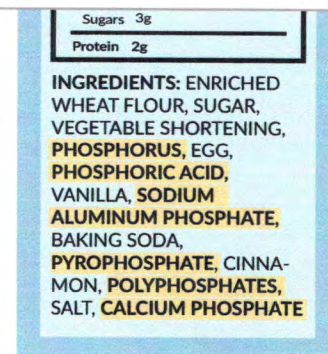


## Recognizing foods with phosphorus additives:

Reading food labels can help you find phosphorus in packaged foods.

Look for **-PHOS** in ingredients to spot phosphorus:

- Dicalcium **PHOS**phate
- Hexameta**PHOS**phate
- **PHOS**phoric acid
- Tetrasodium pyro**PHOS**phate
- Sodium poly**PHOS**phate
- Sodium tri**PHOS**phate



# Limiting Phosphorus in Your Diet

## FOODS TO LIMIT

Some foods are high in phosphorus but can still be enjoyed in small quantities.



### Dairy

- Milk
- Cheese
- Ice cream/custard
- Pudding
- Yogurt
- Latte/cappuccino



### Nuts

- Almonds
- Cashews
- Peanuts/peanut butter
- Pistachios
- Sunflower seeds
- Walnuts



### Beans

- Pinto beans
- Brown beans
- Navy beans
- Red beans
- Black beans
- Lentils
- Lima beans
- Purple hull peas

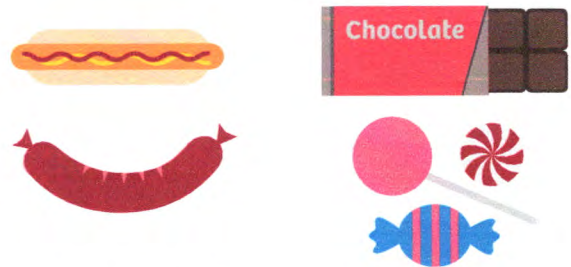
## FOODS TO AVOID

Foods with phosphorus additives should be avoided. This includes many packaged foods. Remember to read the ingredients label.



### Beverages

- Beer
- Dark pop/cola
- Fruit punch
- Sports drinks
- Fruit juices
- Cocoa mix
- Energy drinks
- Instant/bottled coffee



### Processed foods

- Biscuits
- Soup
- Hot dogs
- Sausage
- Liver
- Candy
- Caramel
- Chocolate
- Precooked and enhanced meats



Talk to your dietitian about limiting phosphorus in your diet.

A low phosphorus diet can be a struggle. Many foods need to be limited, however, there are many foods you can still enjoy.