

Sneaky Phosphorus



Not usually found on nutrition label

Phosphorus Additives

- Are absorbed quickly by the body
- Listed under the **ingredients** on the food label.
- Look for any word that contains the letters “**phos**”
- It is best to avoid food with phosphorus additives.

Examples:

Dicalcium **phosphate**
Phosphoric acid

Nutrition Facts	
Serving Size: 1 Can	
Servings Per Container: 12	
Amount Per Serving	
Calories	0
% Daily Value*	
Total Fat 0g	0%
Sodium 45mg	2%
Total Carbohydrate 0g	0%
Protein 0g	
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, sugars, vitamin A, vitamin C, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

CARBONATED WATER, CARAMEL COLOR, **PHOSPHORIC ACID**, POTASSIUM CITRATE, SUCRALOSE, CITRIC ACID, ACACIA GUM, POTASSIUM BENZOATE (PROTECTS FLAVOR), CAFFEINE, NATURAL FLAVORS.

To Reach Phosphorus goal 3.0 to 5.5



- Dialyze all treatments as prescribed
- Eat a low phosphorus diet
- Take phosphate binders as prescribed

Frozen Chicken Tenderloins



Contains up to 15% Chicken Broth, Salt, Natural Flavorings, Ice Glazed



Chicken Broth, Sodium **Phosphate**

Taking phosphate binders is recommended as prescribed per physician

Bottled Iced Tea



Brewed Tea, Sugar, Citric Acid



Tea (Filtered Water, Brewed Tea Concentrate), Sugar, Natural Flavors, Caramel Color, **Phosphoric Acid**

Crystal Light Beverage



Citric Acid, Maltodextrin, Potassium Citrate, Natural Flavor, Aspartame, Contains Less than 2% of Artificial Flavor, Magnesium Oxide, Acesulfame Potassium, Soy Lecithin, Artificial Color, Red 40, Red 40 Lake, Blue 1



Citric Acid, Maltodextrin, Aspartame, Calcium **Phos**phate, Salt, Less than 2% of Natural and Artificial flavor, Acesulfame Potassium, Potassium Citrate, Red 40, Blue 1

Chicken Nuggets



Boneless, Skinless Chicken Breast with Rib Meat, Water, Whole Wheat Flour, Contains 2% or Less of the Following: Dried Garlic, Dried Onion, Salt, Sea Salt, Soybean Oil, spice, Sugar, Torula Yeast, Turmeric, Yeast, Yeast Extract. Breading Set in Vegetable Oil



Chicken Breast with Rib Meat, Water, Breader (Bleached Wheat Flour, Salt, Dextrose, Yeast, Soybean Oil, Spice, Extractives of Paprika), Batter (Water, Yellow Corn Flour, Corn starch, Spices, Salt, Sugar, Autolyzed Yeast Extract, Guar Gum, Leavening [Sodium Acid Pyro~~phos~~phate, Sodium Bicarbonate, Monocalcium ~~Phos~~phate], Garlic Powder), Textured Soy Protein Concentrate, Soy Protein Isolate, Contains 2% or Less of: Salt, Autolyzed Yeast Extract, Sodium Tripoly~~phos~~phate, Flavoring, Spice. Fried in Vegetable Oil with BHT

Taking phosphate binders is recommended as prescribed per physician

Cola



Carbonated Water, Stevia Leaf Extract, Tartaric Acid, Natural Flavors, Caffeine, Citric Acid



Carbonated Water, Caramel Color, Aspartame, **Phos**phoric Acid, Potassium Benzoate, Natural Flavors, Citric Acid, Caffeine

Lemonade



Pure Filtered Water, Lemon Juice, Cane Sugar, Natural Flavors



Sugar, Fructose, Citric Acid, Less than 2% of Ascorbic Acid (Vitamin C), Natural Flavor, Soy Lecithin, Maltodextrin, Sodium Acid Pyrophosphate, Sodium Citrate, Magnesium Oxide, Calcium Fumarate, Artificial Color, Yellow 5 Lake, Tocopherol (Preserve Freshness)

Turkey Breast Lunch Meat



Turkey Breast, Water, Contains Less than 2% of the following: Salt, Carrageenan



Turkey Breast, Water, Salt, Dextrose, 2% or Less of: Potassium Lactate, Modified Corn Starch, Sodium **Phosphate**, Carrageenan, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrate, Black Pepper

Coffee Creamer



Nonfat Milk, Heavy Cream, Sugar, Natural Flavor



Water, Sugar, Partially Hydrogenated Soybean and/or Cottonseed Oil, Less than 2% of Sodium Caseinate, Dipotassium **Phos**phate, Disodium **Phos**phate, Mono- and Diglycerides, Natural and Artificial flavors, Cellulose gel, Cellulose Gum, Carrageenan, Color Added

Orange Soda



Carbonated Water, High Fructose Corn Syrup, Citric Acid, Sodium Benzoate, Acacia Gum, Natural Flavors, Ester Gum, Yellow 6, Salt, Brominated Soybean Oil, Red 40



Carbonated Water, High Fructose Corn Syrup, Citric Acid, Sodium Benzoate, Natural Flavors, Modified Food Starch, Sodium Polyphosphates, Glycerol Ester of Rosin, Yellow 6, Red 40

Ranch Dressing



Soybean Oil, Cultured Nonfat Buttermilk, Egg Yolks, Less than 2% of Distilled Vinegar, Spices, Salt, Sugar, Onion, Garlic, Xanthan Gum, Parsley



Vegetable Oil (Soybean and/or Canola), Water, Egg Yolk, Sugar, Salt, Cultured Nonfat Buttermilk, Naturals Flavors (Milk, Soy), Less than 1% of: Spices, Dried Garlic, Dried Onion, Vinegar, **Phos**phoric Acid, Xanthan Gum, Modified Food Starch, Monosodium Glutamate, Artificial Flavors, Disodium **Phos**phate, Sorbic Acid and Calcium Disodium EDTA as preservatives, Disodium Inosinate, Disodium Guanlyate

Spreadable Cheese



Cultured Pasteurized Milk and Cream, Salt, Enzymes



Cheddar, Swiss, and Semisoft Cheese [Pasteurized Cultured Milk, Salt, Enzymes], Whey, Ultra-filtered Nonfat Milk, Water, Anhydrous Milk Fat, Sodium Phosphate and Sodium Polyphosphate, Sodium Citrate, Citric Acid, Salt

Instant Oatmeal



Whole Grain Rolled Oats, Sugar, Dehydrated apples (Treated with Sodium Sulfite to Promote Color Retention), Natural and Artificial flavor, Salt, Cinnamon, Calcium Carbonate, Citric Acid, Guar Gum, Malic Acid, Niacinamide, Vitamin A Palmitate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Folic Acid, Caramel Color



Rolled Oats, Sugar, Dehydrated Apples (Treated with Sodium Sulfite and Sulfur Dioxide to Promote Color Retention), Cinnamon, Calcium Carbonate, Salt, Natural Flavor, Guar Gum, Caramel Color, Citric Acid, Ferric Ortho**phosph**ate, Vitamin A Palmitate, Niacinamide, Thiamin Mononitrate, Riboflavin, Pyridoxine Hydrochloride, Folic Acid

Disclaimer:

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