

# Low Phosphorus Diet

## WHAT YOU NEED TO KNOW

Phosphorus is an essential mineral that is found in your bones, cells and tissues. Phosphorus, along with calcium, are needed to build healthy bones in addition to keeping your body healthy as well.

### What is a normal phosphorus level in the blood?

- 2.5 to 4.5 mg/dL

### What is the amount of phosphorus that I should eat if I have Chronic Kidney Disease (CKD)?

- Your phosphorus needs will vary and your healthcare provider or dietitian will discuss the limit with you
- In general, the limit for patients with CKD is;
  - 800 - 1,000 mg of phosphorus/day

### Critical Points to Note:

- Another name for elevated phosphorus in the blood is called; "Hyperphosphatemia"
- Many fast foods, prepared and canned foods have an additive or preservative in them that are phosphorus based. They add "shelf" life to foods and some examples are;
  - Trisodium phosphate
  - Monosodium phosphate
  - Phosphoric acid
  - Dicalcium phosphate
- Many "dark" cola products are high in phosphorus
- Read food labels carefully and if you see "PHOS" in any of the additives, there is added phosphorus in the food item(s)



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## FOOD CHOICES: WHAT I CAN AND CANNOT EAT

Serving Size	Foods to limit and/or avoid	Acceptable Food Choices
<b>Breads, Cereals, Rice, Soups and Pasta</b>		
<ul style="list-style-type: none"> <li>6-11 servings each day</li> <li>Serving size= 1 slice bread, 1 cup ready-to-eat cereal, 1/2 cup cooked cereal, rice or pasta</li> </ul>	<ul style="list-style-type: none"> <li>Whole wheat grains (i.e. breads, crackers, rice, pasta)</li> <li>Quick breads, biscuits, cornbread, waffles</li> <li>White rice, noodles, pasta,</li> <li>Cookies (without chocolate or nuts)</li> <li>Soups made with higher phosphorus ingredients (i.e., milk/cream)</li> <li>Bran/bran products</li> <li>Granola</li> <li>Grits</li> <li>Snack foods (i.e. potato chips, tortilla chips, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Bread (not whole grain or bran)</li> <li>White rice, noodles, pasta, bread, crackers, dinner rolls, bagel, etc.</li> <li>Cake (angel food)</li> <li>Cookies (without chocolate or nuts)</li> <li>Soups made with lower phosphorus ingredients (i.e., broth or water based)</li> </ul>
<b>Fruit</b>		
<ul style="list-style-type: none"> <li>2-4 servings each day</li> <li>Serving size= 1 medium-size piece of fresh fruit</li> <li>1/2 cup canned fruit, 3/4 cup fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>Processed/canned fruits with "phos" in food label</li> </ul>	<ul style="list-style-type: none"> <li>All fresh fruits</li> </ul>
<b>Milk and Dairy Products</b>		
<ul style="list-style-type: none"> <li>2 servings each day</li> <li>Serving size= 1/2 cup cottage cheese or 1 ounce cheese</li> </ul>	<ul style="list-style-type: none"> <li>Processed cheeses and cheese spreads</li> <li>Hard cheeses, ricotta or cottage cheese</li> <li>Ice cream/frozen yogurt</li> <li>2% Milk</li> <li>Yogurts</li> </ul>	<ul style="list-style-type: none"> <li>Unenriched rice milk</li> <li>Brie/Swiss cheese in limited amounts</li> <li>Regular/low-fat cream cheese</li> <li>Sherbet</li> <li>Frozen fruit pops</li> </ul>



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<b>Vegetables</b>		
<ul style="list-style-type: none"> <li>3 servings each day</li> <li>Serving size= 1 cup raw, 1/2 cup cooked or chopped</li> </ul>	<ul style="list-style-type: none"> <li>Processed/canned vegetables with "phos" listed on the food label</li> </ul>	<ul style="list-style-type: none"> <li>Fresh vegetables</li> <li>Alfalfa Sprouts</li> <li>Asparagus</li> <li>Beans (green or yellow)</li> <li>Broccoli</li> <li>Cauliflower</li> </ul>
<b>Meats, Poultry, Fish, Dried Beans</b>		
<ul style="list-style-type: none"> <li>Total of 6 ounces daily</li> <li>Serving size= 2-3 ounces cooked (1 egg, 1/2 cup cooked beans, 2 Tbsp. unsalted peanut butter, 1 ounce of cheese or meat).</li> </ul>	<ul style="list-style-type: none"> <li>Organ meats or processed luncheon meats (i.e. Bologna, ham, &amp; hot dogs)</li> <li>Sardines</li> <li>All nuts &amp; seeds</li> <li>Dried peas, beans (black, garbanzo, lima, kidney, etc.), lentils</li> <li>Peanut Butter, Nutella spread</li> <li>Chocolate</li> </ul>	<ul style="list-style-type: none"> <li>Chicken</li> <li>Turkey</li> <li>Lean pork &amp; beef</li> <li>Eggs</li> <li>Shrimp</li> <li>Fish</li> </ul>
<b>Beverages</b>		
<ul style="list-style-type: none"> <li>Total of 6-12 glasses of water daily</li> </ul>	<ul style="list-style-type: none"> <li>Avoid hot chocolate</li> <li>Beer/ale</li> <li>Dark colas</li> <li>Powder tea mixes</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> <li>Juices (apple, orange, grapefruit)</li> <li>Tea/coffee</li> <li>Lemon/lime soda, ginger ale, root beer</li> </ul>

### References

- www.kidney.org Phosphorus and Your CKD Diet, Accessed on August 31, 2017
- www.dpcedcenter.org/classroom/nutrition, Accessed on August 22, 2017

*This content is for informational purposes only and is not a substitute for medical advice or treatment. Consult your physician regarding your specific diagnosis, treatment, diet and health questions. If you are experiencing urgent medical conditions, call 9-1-1.*



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