

National Kidney Foundation

PHOSPHORUS AND YOUR CKD DIET

What is phosphorus?

Phosphorus is a mineral found in your bones. Along with calcium, phosphorus is needed for building healthy strong bones, as well as keeping other parts of your body healthy.

Why is phosphorus important to you?

Normal working kidneys can remove extra phosphorus in your blood. When you have Chronic Kidney Disease (CKD) your kidneys cannot remove phosphorus very well. High phosphorus levels can cause damage to your body. Extra phosphorus causes body changes that pull calcium out of your bones, making them weak. High phosphorus and calcium levels also lead to dangerous calcium deposits in blood vessels, lungs, eyes, and heart. Phosphorus and calcium control is very important for your overall health.

What is a safe blood level of phosphorus?

A normal phosphorus level is 3.5 to 5.5 mg/dL. Ask your doctor or dietitian what your last phosphorus level was and write it here _____.

Will dialysis help with phosphorus control?

Yes. Dialysis can remove some phosphorus from your blood. It is important for you to understand how to limit build up of phosphorus between your dialysis treatments.

How can I control my phosphorus level?

You can keep your phosphorus level normal by understanding your diet and medications for phosphorus control. Your dietitian and doctor will help you with this. Below is a list of foods high in phosphorus.

HIGH PHOSPHORUS FOODS TO LIMIT OR AVOID

Beverages

- | | |
|-----------------------|------------|
| ale | beer |
| chocolate drinks | cocoa |
| drinks made with milk | |
| canned iced teas | dark colas |

Dairy Products

cheese	cottage cheese
custard	ice cream
milk	pudding
cream soups	yogurt

Protein

carp	crayfish
beef liver	chicken liver
fish roe	organ meats
oysters	sardines

Vegetables

dried beans and peas:	
Baked beans	black beans
chick peas	garbanzo beans
kidney beans	lentils
Limas	northern beans
Pork 'beans	split peas
Soy beans	

Other foods

bran cereals	brewer's yeast
Caramels	nuts
Seeds	wheat germ
Whole grain products	

What are medications for phosphorus control?

Your doctor may order a medicine called a phosphate binder for you to take with meals and snacks. This medicine will help control the amount of phosphorus your body absorbs from the foods you eat. There are many different kinds of phosphate binders. Pills, chewable tablets, and powders are available. Some types also contain calcium, while others do not. You should only take the phosphate binder that is ordered by your doctor or dietitian.

Write your phosphate binder here: _____

What do I do if my phosphorus level is too high?

When your phosphorus level is too high, think about your diet and substitute lower phosphorus foods for a while. Talk to your dietitian and doctor about making changes in your diet and ask about your phosphate binder prescription.

HIGH PHOSPHORUS FOODS INSTEAD OF

LOW PHOSPHORUS FOODS TRY:

(Phosphorus amount listed in mg)

8 OUNCES MILK 230 (mg)	8 ounces nondairy creamer 100 (mg) or 4 ounces milk 100 (mg)
8 ounces cream soup made with milk 275 (mg)	8 ounces cream soup made with water 90 (mg)
1 ounce hard cheese 145 (mg)	1 ounce cream cheese 30 (mg)
½ cup ice cream 80 (mg)	½ cup sherbet or 1 popsicle 0 (mg)
12-ounce can cola 55 (mg)	12-ounce can ginger ale or lemon soda 3 (mg)
½ cup lima or pinto beans 100 (mg)	½ cup mixed vegetables or green beans 35(mg)
½ cup custard or pudding made with milk 150 (mg)	½ cup pudding or custard made with nondairy creamer 50 (mg)
2 ounces peanuts 200 (mg)	1 1/2 cup light salt/low fat popcorn 35 (mg)
1 ½ ounce chocolate bar 125 (mg)	1 ½ ounce hard candy, fruit flavors Or jelly beans 3 (mg)
2/3 cup oatmeal 130 (mg)	2/3 cup cream of wheat or grits 40 (mg)
½ cup bran cereal 140-260 (mg)	½ cup nonbran cereal, shredded wheat, rice cereals, or corn flakes 50-100 (mg)

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