

Second Edition 2019

# Your Guide to **PHOSPHORUS**

Phosphorus is a common mineral found in foods. Kidney disease makes it harder for your kidneys to remove excess phosphorus from the foods you eat, causing too much to build up in your body. Eating more low-phosphorus foods and following your prescribed treatment plan will help keep you healthy.

This card can remind you which foods to buy, and which to avoid. Carry it with you when you shop.

Making healthier diet choices is important.

## CHOOSE lower-phosphorus foods



### WHOLE MEALS

**Fresh foods**, all-natural, home-cooked meals

### MEATS AND PROTEIN

**All-natural, fresh** meat: fish, poultry (chicken, turkey, whole eggs, egg whites), lamb, beef, pork, soy-based proteins (tofu, edamame\*), lentils\*, beans\*



### BREAD, CEREAL, AND GRAINS

Bagel, bread or toast, hot cereals (slow-cooked, unflavored, steel-cut oats, grits), English muffins, rolls, rice and rice cakes, pasta

Select more from the “CHOOSE” section and incorporate more fresh foods into your meals.

## DRINKS

100% fruit juice (cranberry, apple, grape, pineapple), fresh-brewed coffee, fresh-brewed tea, fresh-squeezed lemonade, lemon/lime or club soda, water (sparkling or still)



## DAIRY

Unenriched almond or rice milk, natural cheese (Colby, goat, ricotta, others)

## TREATS

Unsalted snacks (pretzels, popcorn), homemade rice crispy squares, hard candies, jelly beans, sorbet, sherbet, Italian ice, homemade desserts (such as fruit pie and cobbler), nuts, seeds, and other nut butters



\*HIGHER IN POTASSIUM. Foods listed are based on USDA nutrient database averages. For additional details, talk with your dietitian.

## LIMIT higher-phosphorus foods

### CONVENIENCE FOODS

Fast foods, frozen dinners,  
boxed meals



### COLD CUTS

Cured and deli meats, processed  
meats, store-prepared meats

### BREAD, CEREAL, AND GRAINS

Biscuits, croissants, hot  
cereals (instant, flavored),  
waffles, pancakes, muffins,  
donuts, toaster pastries



Work with your dietitian to create a personalized meal plan that's right for you.



## DRINKS

Colas, artificially flavored beverages

## DAIRY

Processed cheese (American cheese), cheese sauce, ice cream, milkshakes, pudding



## TREATS

Seasoned chips, salty snacks, snack cakes, candy bars

## Read food labels to find the best choice for your diet

**Serving size** tells you what a single portion is. **Servings per container** lists how many portions in a container.

**% 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.

**Ingredients:** Check for phosphate additives with the letters “phos” in the spelling.

### Nutrition Facts

Serving Size 6 crackers (28g)  
Servings Per Container About 10

Amount Per Serving

Calories 120 Calories from Fat 40

% Daily Value\*

Total Fat 4.5g 7%

Saturated Fat 1g 5%

Trans Fat 0g

Polyunsaturated 2.5g

Monounsaturated Fat 1g

Cholesterol 0mg 0%

Sodium 180mg 8%

Potassium 110mg 3%

Total Carbohydrate 19g 6%

Dietary Fiber 3g 12%

Sugars 0g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

Phosphorus 10%

**INGREDIENTS:** WHOLE WHEAT, SOYBEAN AND/OR PALM OIL, **DISODIUM MONOPHOSPHATE**, SALT

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PN 103659-02 Rev. B 08/2019



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RENAL PHARMACEUTICALS