Too much phosphorus in the foods you eat can lead to a harmful buildup of phosphorus in the body.¹

Did you know there are 2 types of phosphorus?

Phosphorus found in foods can be either organic or inorganic.²,³

Where is organic phosphorus found?
Organic phosphorus is found naturally in animal and plant foods, including²

- Dairy products (milk, cheese, and yogurt)
- Fresh meat, fresh seafood, poultry
- Nuts, seeds
- Grains, vegetables, fruits

Where is inorganic phosphorus found?
Inorganic phosphorus is an additive or preservative in many foods, including³

- Fast foods
- Canned and bottled beverages
- Ready-to-eat foods
- Enhanced meats with additives or solution added
How is Phosphorus Absorbed in the Body?

The body absorbs phosphorus from food. The amount that is absorbed depends on if it is organic or inorganic phosphorus.\(^2,3\)

**How is organic phosphorus absorbed?**

- The absorption of phosphorus from plant-based foods and seeds is low—usually less than 50%.\(^3\)
- About 40% to 60% of phosphorus found in animal foods may be absorbed.\(^2\)

**How is inorganic phosphorus absorbed?**

- Up to 100% of phosphorus added to processed foods may be absorbed by the body.\(^2\)

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**How can I make smart, healthy eating choices?**

Instead of choosing processed foods, you have many healthy choices available. Below, let’s compare a few processed food choices (on the left) with healthy choices (on the right).\(^4,5\)

<table>
<thead>
<tr>
<th>Processed food choices</th>
<th>Smart, healthy foods when in the appropriate amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fast food egg biscuit</td>
<td>English muffin with egg- homemade</td>
</tr>
<tr>
<td>Fast food tacos</td>
<td>Homemade red beans and rice</td>
</tr>
<tr>
<td>Boxed macaroni and cheese</td>
<td>Cooked pasta with herbs and oil</td>
</tr>
<tr>
<td>Store-bought blueberry muffin</td>
<td>Small homemade blueberry muffin</td>
</tr>
<tr>
<td>Sandwich with bologna and American cheese</td>
<td>Sandwich with smooth peanut-butter and jam</td>
</tr>
</tbody>
</table>

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**Why are phosphorus binders important?**

As a patient with chronic kidney disease on dialysis, your physician may prescribe a phosphate binder. Phosphate binders attach to phosphorus in the foods you eat and lower the amount of phosphorus absorbed by your body. Phosphate binders should be taken as directed by your physician with every meal.\(^6\) After the binder absorbs the phosphorus in your food, it passes out of your body with your bowel movements.\(^7\)

There are 3 types of phosphate binders:\(^8\)

- Metal-based
- Calcium-based
- Metal-free, calcium-free


