

Why is Phosphorus Important?

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

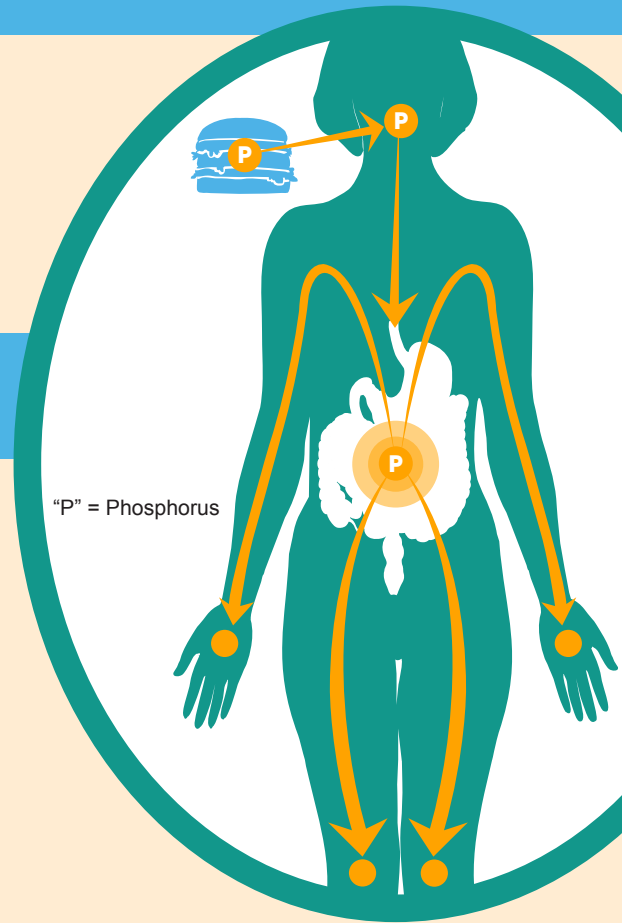
Did you know there are 2 types of phosphorus?

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?

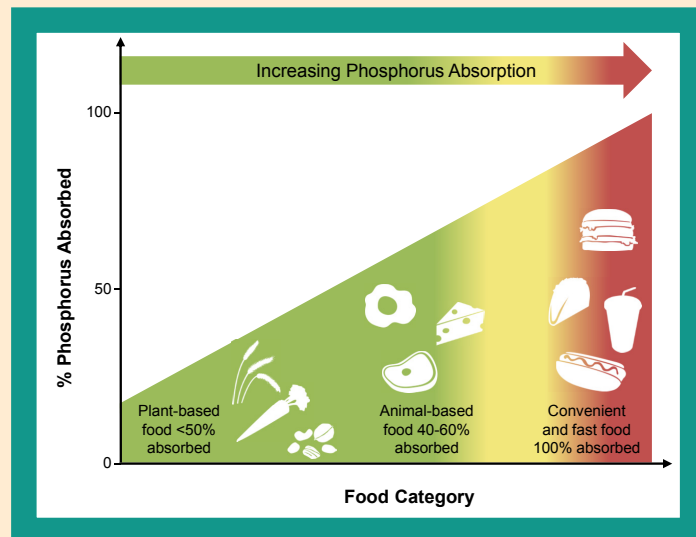
The body absorbs phosphorus from food. The amount that is absorbed depends on if it is organic or inorganic phosphorus.^{2,3}

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



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}

Processed food choices



Fast food egg biscuit

Fast food tacos

Boxed macaroni and cheese

Store-bought blueberry muffin

Sandwich with bologna and American cheese

Smart, healthy foods when in the appropriate amount



English muffin with egg- homemade

Homemade red beans and rice

Cooked pasta with herbs and oil

Small homemade blueberry muffin

Sandwich with smooth peanut-butter and jam

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



References

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4. US Department of Agriculture: National Agriculture Library. USDA National Nutrient Database for Standard Reference, Release 25. <http://ndb.nal.usda.gov/ndb/foods/list>. Update 2012. Accessed July 31, 2014
5. Sherman RA, Mehta O. Phosphorus and potassium content of enhanced meat and poultry products: implications for patients who receive dialysis. Clin J Am Soc Nephrol. 2009;4: 1370-1373.
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