



## Why is it so important to be in control of your phosphorus balance?

**Dialysis.** People often use a filter to remove particles and other impurities from the water they drink. In a similar way, people with kidney disease need dialysis to filter out excess phosphorus and other toxins from their blood. Although dialysis removes some of the excess phosphorus, it does not remove all of it.



**Food choices.** Dialysis alone can't control phosphorus completely; you must manage how much of it goes into your body. Your dietitian will explain to you which foods are high in phosphorus and how to adjust your food choices.



**Binders.** Just as a sponge can soak up excess water, phosphate binders absorb excess phosphorus from the foods you eat to help keep your phosphorus levels healthy.



## There's a lot you can do to feel better and stay healthy. Here are three ways to stay in control and in balance:

### 1 Dialysis

Never miss or leave early from your scheduled dialysis session.



### 2 Food choices

Follow the diet your dietitian developed for you. Watch your phosphorus, sodium, potassium, and calcium intake.



### 3 Phosphate binder

Remember to take your prescribed dose of phosphate binder with every meal.



# Your low-phosphorus food guide



# Phosphorus food guide<sup>1</sup>

Instead of eating this HIGH-PHOSPHORUS FOOD...		Consider eating this LOWER-PHOSPHORUS FOOD	
	1 cup prepared macaroni and cheese from box (442 mg)		1 cup enriched spaghetti, cooked, no added salt, ½ tbsp margarine, ½ tsp garlic powder, ½ tsp basil (90 mg)
	1-oz slice processed American cheese (179 mg)		1 oz cheddar cheese (145 mg)
	2 tbsp low-sodium, smooth-style peanut butter (115 mg)		1 tbsp jam (4 mg) or honey (1 mg)
	1 slice fast food, pizza chain, 14" pizza, pepperoni topping, regular crust (220 mg)		1 small slice French bread with 1 oz part-skim, low-moisture mozzarella cheese melted on top (185 mg)

Instead of eating this HIGH-PHOSPHORUS FOOD...		Consider eating this LOWER-PHOSPHORUS FOOD	
	1 cup soft-serve vanilla frozen yogurt (186 mg) or ½ cup vanilla ice cream (69 mg)		½ cup orange sherbet (30 mg)
	½ cup caramel custard or flan, prepared from recipe (147 mg)		½ cup gelatin with 2 tbsp pressurized whipped-cream topping (35 mg)
	½ cup instant chocolate pudding prepared with 2% milk (338 mg)		½ cup ready-to-eat rice pudding (77 mg)
	1 12-oz bottled beverage (30-260 mg) <sup>2</sup>		Ask your dietitian for beverage suggestions.

Instead of eating this HIGH-PHOSPHORUS FOOD...		Consider eating this LOWER-PHOSPHORUS FOOD	
	½ cup dry-roasted mixed nuts with peanuts, no salt added (298 mg)		10 pretzel twists, no salt added (68 mg)
	¾ cup bran flakes (152 mg)		1 cup low-sodium corn flakes (12 mg)
	½ cup canned baked beans, no salt added (132 mg)		Ask your dietitian how to fit beans into your eating plan.
	Large blueberry muffin (202 mg)		½ cup oats (instant or old-fashioned), unsalted, cooked with water (90 mg)

**References:** 1. US Department of Agriculture: National Agriculture Library. USDA National Nutrient Database for Standard Reference, Release 25. <http://ndb.nal.usda.gov/ndb/foods/list>. Updated September 2012. Accessed December 21, 2012. 2. Kalantar-Zadeh K, Gutekunst L, Mehrotra R, et al. Understanding sources of dietary phosphorus in the treatment of patients with chronic kidney disease. *Clin J Am Soc Nephrol.* 2010;5:519-530.

Total intake of phosphorus depends on your recommended allowance for daily protein consumption. Overall, total daily phosphorus intake should be low enough to allow you to maintain serum phosphorus levels within the normal range for the laboratory that tests your blood.