



# Your low-phosphorus food guide



## 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.

**Diet.** 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 change your diet.

**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 Diet

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



### 3 Phosphate binder

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





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

Instead of eating this <b>HIGH-PHOSPHORUS FOOD...</b>	Consider eating this <b>LOWER-PHOSPHORUS FOOD</b>
 <p>1/2 cup uncooked <b>macaroni and cheese from box</b> (107 mg)</p>	 <p>1/2 cup <b>enriched spaghetti cooked with salt, 1/2 tbsp margarine, 1/2 tsp garlic powder, 1/2 tsp dry basil flakes</b> (48 mg)</p>
 <p>1 oz <b>cheddar cheese</b> (145 mg)</p>	 <p>1 tbsp <b>regular cream cheese</b> (15 mg)</p>
 <p>2 tbsp <b>smooth-style peanut butter with salt</b> (115 mg)</p>	 <p>1 tbsp <b>jam</b> (4 mg) or <b>honey</b> (1 mg)</p>
 <p>1 slice <b>fast food, pizza chain, 14" pizza, pepperoni topping, regular crust</b> (216 mg)</p>	 <p>1/2" slice <b>French bread</b> with 1/3 oz <b>part-skim, low-moisture mozzarella cheese melted on top</b> (67 mg)</p>
 <p>1 cup <b>soft serve vanilla frozen yogurt</b> (186 mg)</p>	 <p>1/2 cup <b>orange sherbet</b> (30 mg)</p>



One 1.75 oz **Mr. Goodbar®** chocolate bar (80 mg)



10 **jelly beans** (1 mg)



1/2 cup **caramel custard or flan, prepared from recipe** (147 mg)



1/2 cup **JELL-O®** with 2 tbsp **pressurized whipped-cream topping** (35 mg)



1/2 cup **chocolate pudding prepared with 2% milk** (350 mg)



1/2 cup **ready-to-eat rice pudding** (77 mg)



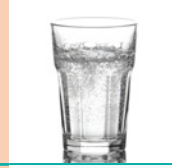
1/2 cup **vanilla ice cream** (69 mg)



1/2 cup **orange sherbet** (30 mg)



1 can **caffeinated dark cola** (37 mg)



1 can **noncaffeinated clear soda or root beer** (0 mg)











1/4 cup **dry-roasted mixed nuts with peanuts, with salt added** (149 mg)



10 **pretzels with salt** (68 mg)



	<b>3/4 cup bran flakes (152 mg)</b>		<b>1 cup low-sodium corn flakes (12 mg)</b>
	<b>1/2 cup canned baked beans with no salt added (132 mg) or 1/2 cup canned red kidney beans (116 mg)</b>		<b>1 cup canned green beans, drained, with no salt added (29 mg)</b>
	<b>1/2 cup instant oatmeal with raisins, dates, and walnuts, prepared with water (94 mg)</b>		<b>1/2 cup instant Cream of Wheat® without salt (22 mg) or 1/2 cup instant grits without salt, prepared with water (27 mg)</b>
	<b>1/2 cup cooked long-grain brown rice (81 mg)</b>		<b>1/2 cup cooked long-grain white rice (34 mg)</b>

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.

**Reference: 1.** United States Department of Agriculture: Agriculture Research Service. USDA National Nutrient Database for Standard Reference, Release 22: Phosphorus. <http://www.ars.usda.gov/sp2userfiles/place/12354500/data/sr22/nutrlist/sr22a305.pdf>. Updated December 14, 2009. Accessed February 3, 2011.