



Taking charge of your kidney disease



High or low in phosphorus? You can make
smart food choices

sanofi

High-phosphorus beverage



8 oz reduced fat milk
(245 mg)

InBalance

Taking charge of your kidney disease

Possible alternative



8 oz rice drink
(134 mg)

High-phosphorus beverage



1 12-oz **bottled fruit punch**
(260 mg)

**InBalance**

Taking charge of your kidney disease

Possible alternative



1 12-oz **lemon-lime soda**
(0 mg)

Ask your dietitian for more
beverage suggestions.

High-phosphorus food



**1 fast-food biscuit with egg
and sausage (505 mg)**


InBalance

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Possible alternative



**1 English muffin with egg,
homemade (157 mg)**

High-phosphorus food



**2 fast-food pancakes with butter
and syrup (476 mg)**

Possible alternative



**2 homemade pancakes, plain,
4" serving size with 1 tbsp
butter, 2 tbsp syrup (127 mg)**

High-phosphorus food



**1 large store-bought
blueberry muffin (202 mg)**


InBalance

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Possible alternative



**1 small homemade
blueberry muffin (83 mg)**

High-phosphorus food



1 glazed doughnut
4" serving size (88 mg)

Possible alternative



**2 graham cracker
squares (15 mg)**

High-phosphorus food



2 oz **cheddar cheese** and
5 **low-salt regular round
crackers** (324 mg)

**InBalance**

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Possible alternative



$\frac{1}{4}$ cup **hummus, store-bought**
with 1 **slice pita bread**
(223 mg)

High-phosphorus food



$\frac{1}{2}$ cup **trail mix**
(259 mg)


InBalance

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Possible alternative



10 pretzel twists, no salt added
(68 mg)

High-phosphorus food



1 cup **boxed macaroni and
cheese, cooked** (442 mg)


InBalance

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1 cup **cooked spaghetti**, no salt,
1/2 tbsp **margarine**, 1/2 tsp **garlic powder**, 1/2 tsp **dried basil** (90 mg)

High-phosphorus food



**1 fast-food fried chicken breast,
original recipe, with skin and
breading (458 mg)**

**InBalance**

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Possible alternative



**3-oz roasted chicken breast,
homemade, skinless (196 mg)**

High-phosphorus food



1 sandwich made with 2 slices white bread, 3 slices bologna, 1 slice American cheese, and 1 tbsp mayonnaise (430 mg)


InBalance

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1 sandwich made with 2 slices white bread, 2 tbsp smooth-style peanut butter, no salt added, and 2 tbsp jam, and 1 medium apple (201 mg)

High-phosphorus food



**3.5-oz bone-in pork chop,
enhanced (340 mg)¹**

Reference: 1. 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.


InBalance

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Possible alternative



**3.5-oz pork chop,
fresh (210 mg)¹**

Reference: 1. 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.

High-phosphorus food



2 slices **pepperoni pizza,**
fast-food, 14" regular
crust (440 mg)

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**Homemade flatbread pizza,
1/4 personal-size (265 mg)**

High-phosphorus food



1 order **Chinese-restaurant shrimp and vegetables with 1 cup fried rice** (522 mg)

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1 serving **spicy Asian rice noodles with vegetables, homemade** (134 mg)

High-phosphorus food



**3 fast-food beef tacos with
cheese and lettuce in hard shell
(368 mg)**


InBalance

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Possible alternative



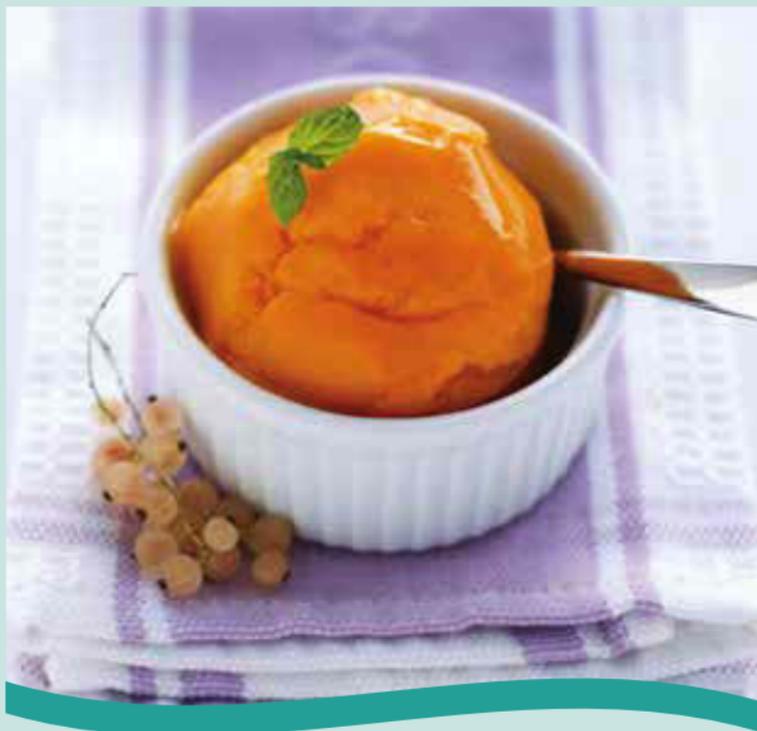
1 ½ cups **rice and
red beans** (177 mg)

High-phosphorus food



- 1 cup **soft-serve vanilla frozen yogurt** (186 mg)
- ½ cup **vanilla ice cream** (69 mg)

Possible alternative



$\frac{1}{2}$ cup **orange sherbet**
(30 mg)

High-phosphorus food



$\frac{1}{2}$ cup **instant chocolate
pudding** (338 mg)


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Possible alternative



1 crispy rice bar
(16 mg)

- How much phosphorus you eat and drink each day depends on how much protein your doctor and dietitian recommend.
- The amount of phosphorus you eat and drink each day should be low enough to keep your blood phosphorus levels within a healthy range.

Source (unless otherwise noted): US Department of Agriculture: National Agriculture Library. USDA National Nutrient Database for Standard Reference, Release 25. <http://ndb.nal.usda.gov/ndb/search/list>. Updated December 2012. Accessed May 23, 2012.