

Name:

Date:

Phosphorus Content of Food



What is phosphorus?

Phosphorus is a mineral used in bones. Phosphorus and calcium are needed to build strong healthy bones and to keep other body organs healthy.

Why is phosphorus important to you?

Kidneys remove extra phosphorus but in patients with chronic kidney disease (CKD), the kidneys cannot adequately remove it leading to its accumulation inside the body.

High phosphorus levels can cause damage to the body.

Extra phosphorus causes body changes that pull calcium out of the bones, making them weak.

High phosphorus and calcium levels also lead to dangerous calcium deposits in blood vessels, lungs, eyes, and heart.

Safe blood level of phosphorus

Normal phosphorus level	2.5-4.5 mg/dL
Normal phosphorus levels for patients on dialysis	3-6 mg/dL

Signs & symptoms of high phosphorus levels in the blood

Bone and joint pain

Skin rash and itching

Numbness or Tingling

Muscle Cramps

How can I control my phosphorus level?

Understanding diet and medications for phosphorus control.

Phosphorus can be found naturally in food.

Phosphorus found in animal foods is absorbed more easily than phosphorus found in plant foods.

High Phosphorus Food to AVOID

Examples

Milk & Dairy Products
(only 2 exchanges allowed/ day)

30g cheese
½ cup laban
½ cup milk
2Tbsp Labneh



Liquid/ powder milk
Laban
Labneh
Cheese
Labneh
Mil based ice-cream
Custard

Drinks & Beverages



Beer, Ice tea
Chocolate based drinks
Milk based drinks
Carbonated beverages (Pepsi, Cola..)

Proteins

Chicken



Turkey , White meat

Meat



Organ meat
Pork meat, Bacon

Beans & Lentils



Soy bean , Chick peas
Lentils, Beans ,Green peas

Fish



Tuna, Salmon,
Oysters, Sardines
Crimes, Crab

Others



Whole grain bread, Whole grain products
Whole eggs
Seeds (sunflower, pumpkin), Nuts (Almond)
Mushrooms, Asparagus, Corn, Sweet potato
Spinach
Hot dogs, Salami

Low Phosphorus Food

White Bread

Pasta

Popcorn air popped

Raw fruits & vegetables

White Rice

Cereals: rice & corn

Ice pops

