

# If you need to limit phosphorus

## **Ethnic foods**

### *For French food*

- Be careful – French foods can be high in phosphorus.
- Avoid foods prepared in heavy butter, cheese, or cream sauces.

### *For Mexican food*

- Order a la carte or select entrees that are not served with beans or excess cheese.

### *For Asian and Indian food*

- Be careful – Asian and Indian foods can be high in phosphorus.
- Avoid the yogurt, and remember that many Indian desserts contain milk and will be high in phosphorus.

### *For Soul food*

- Be careful – Soul food is often high in phosphorus.
- Limit the phosphorus-rich foods like dried beans, black-eyed peas and organ meats, such as chitterlings.



**Phosphorus** is a mineral found in bones. Along with calcium, phosphorus helps build strong, healthy bones, and keeps other parts of your body healthy.

### *Why limit phosphorus?*

Too much phosphorus in your blood can cause changes that pull calcium out of your bones, making them weak. High phosphorus and calcium levels also lead to dangerous calcium deposits in blood vessels, lungs, eyes and heart.

### *How much is okay to eat?*

Your doctor recommends eating less than \_\_\_\_\_ mg per day.

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## *What are* **high phosphorus foods?**

- Dairy products such as milk, cheese, custard, cottage cheese, yogurt, ice cream, pudding



- Nuts, seeds, peanut butter



- Dried beans and peas such as baked beans, black beans, chick peas, garbanzo beans, kidney beans, lentils, limas, northern beans, pork and beans, split peas and soybeans



- Bran cereals, whole grain products



- Beverages such as cocoa, ale, beer, chocolate drinks, and dark cola drinks



## *What are* **low phosphorus foods?**

- Fresh fruits such as apples, apricots, blackberries, grapes, tangerines, pears, peaches, pineapple, plums and strawberries



- Fresh vegetables such as cauliflower, carrots, cucumber, celery, green beans and broccoli



- Popcorn, crackers



- Rice cereal



- Sherbert



- Coffee or tea without milk, light-colored sodas (such as ginger ale), fruit juices



## What is a common serving size?

FOOD GROUPS	SERVING SIZES
<b>Meat, fish or poultry</b>	
Meats, poultry, fish	1 oz cooked
<b>Dairy</b>	
Milk or milk substitute	4 oz or 1/2 cup
Egg	1 egg or 1/4 cup egg substitute
Cheese	1 oz
<b>Grains</b>	
Cooked pasta, rice	1/3 cup
Cereal, cooked	1/2 cup
Cereal, ready-to-eat	1 cup
Bread	1 slice
Hamburger bun	1/2 bun
<b>Vegetables</b>	
Cooked	1/2 cup
Raw	1 medium or 1 cup cut up
Juices	4 oz or 1/2 cup

Dietitians who specialize in kidney disease can tell you how many servings from each food group you are allowed at each meal. Depending on your diet prescription and preferences, you may be allowed to eat more than one.

FOOD GROUPS	SERVING SIZES
<b>Fruits</b>	
Fresh	1 small or 1/2 large
Canned or frozen fruit	1/2 cup
Juices	4 oz or 1/2 cup
Berries	1 cup
Grapes, cherries	12
Dried fruit	1/4 cup
<b>Fats and oils</b>	
Oils, margarine	1 teaspoon
Mayonnaise	1 tablespoon
Salad dressing	2 tablespoons
<b>Sweets</b>	
Cookies	1 cookie
Ice cream, sorbet, gelatin	1/2 cup
Cake, 2 x 2 inches	1 piece
Fruit pie	1/6 of 8-inch pie
Sugar, jelly, jam	1 tablespoon
<b>Nuts, seeds, and legumes</b>	
Nuts	1/4 cup or 1 oz
Seeds	2 tablespoons
Cooked legumes, dry beans, peas	1/2 cup
Peanut butter	2 tablespoons



# Read food labels

*to find the best choice for your diet*

# Use healthy tips

*to shop, plan, and prepare meals with less phosphorus.....*

## Nutrition Facts

Serving Size 6 crackers (28g)  
Servings Per Container About 10

Amount Per Serving

**Calories** 120    Calories from Fat 40

% Daily Value\*

**Total Fat** 4.5g    7%

Saturated Fat 1g    5%

Trans Fat 0g

Polyunsaturated 2.5g

Monounsaturated Fat 1g

**Cholesterol** 0mg    0%

**Sodium** 180mg    8%

**Potassium** 110mg    3%

**Total Carbohydrate** 19g    6%

Dietary Fiber 3g    12%

Sugars 0g

**Protein** 3g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

Phosphorus 10%

**INGREDIENTS:** WHOLE WHEAT, SOYBEAN  
AND/OR PALM OIL, SALT. **CONTAINS: WHEAT.**

*Serving size* tells you  
what a single portion is.

*Servings per container*  
lists how many portions  
per container.

*% Daily value* is based  
on a 2,000 calorie daily  
diet. This number helps  
you know if a food is high  
or low in a nutrient, even  
if you eat more than  
2,000 calories.

*Phosphorus* is not required  
to be listed by law. It is  
listed here, but may not be  
listed even if the product  
contains phosphorus.

*Ingredients* are listed in order of weight, with the item  
of the most weight listed first.

*In general, % daily value of phosphorus is:*

- Low = less than 5% or under 50 mg
- Medium = 5–10% or under 51–100 mg
- High = over 10% or over 100 mg

Here the daily value of phosphorus is 10%, so it may  
not be a good choice for you.

## At home

- Use nondairy creamers and milk substitutes in place of milk in cereals, coffee, and many sauces.
- Serving size is very important because most foods have phosphorus. Remember, a large amount of a low-phosphorus food can turn into a high-phosphorus food.
- Watch out for food additives containing phosphorus. They are often found in baking powder, cake donuts, cake mixes, pasta products, and puddings.

## At restaurants

- Choose restaurants best suited to your diet or where food is made to order. Call ahead and explain that you are following a special diet. Ask about the menu and how their food is prepared. Many restaurants have websites with menus posted.
- Avoid mixed dishes or casseroles, which are usually higher in sodium and phosphorus.
- For desserts, choose from those that have simple preparations to avoid “hidden” phosphorus and potassium.
- Avoid desserts with chocolate, cream cheese, ice cream or nuts. They will be much higher in potassium and phosphorus.