**PHOSPHORUS AND YOUR CKD DIET**

**What is phosphorus?**

Phosphorus is a mineral found in your bones. Along with calcium, phosphorus is needed for building healthy strong bones, as well as keeping other parts of your body healthy.

**Why is phosphorus important to you?**

Normal working kidneys can remove extra phosphorus in your blood. When you have Chronic Kidney Disease (CKD) your kidneys cannot remove phosphorus very well. High phosphorus levels can cause damage to your body. Extra phosphorus causes body 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. Phosphorus and calcium control is very important for your overall health.

**What is a safe blood level of phosphorus?**

A normal phosphorus level is 3.5 to 5.5 mg/dL. Ask your doctor or dietitian what your last phosphorus level was and write it here \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

**Will dialysis help with phosphorus control?**

Yes. Dialysis can remove some phosphorus from your blood. It is important for you to understand how to limit build up of phosphorus between your dialysis treatments.

**How can I control my phosphorus level?**

You can keep you phosphorus level normal by understanding your diet and medications for phosphorus control. Your dietitian and doctor will help you with this. Below is a list of foods high in phosphorus.

**What are medications for phosphorus control?**

Your doctor may order a medicine called a phosphate binder for you to take with meals and snacks. This medicine will help control the amount of phosphorus your body absorbs from the foods you eat. There are many different kinds of phosphate binders. Pills, chewable tablets, and powders are available. Some types also contain calcium, while others do not. You should only take the phosphate binder that is ordered by your doctor or dietitian.

Write your phosphate binder here: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

Directions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

**HIGH PHOSPHORUS FOOD TO LIMIT OR AVOID**

|  |  |  |
| --- | --- | --- |
| Beverages | ale | beer |
|  | chocolate drinks | cocoa |
|  | drinks made with milk canned iced teas | dark colas |
|  |  |  |
| Dairy Products | cheese | cottage cheese |
|  | custard | ice cream |
|  | milk | pudding |
|  | cream soups | yogurt |
|  |  |  |
| Protein | carp | crayfish |
|  | beef liver | chicken liver |
|  | fish roe | organ meats |
|  | oysters | sardines |
|  |  |  |
| Vegetables | *dried beans and peas:* |  |
|  | baked beans | black beans |
|  | chick peas | garbanzo beans |
|  | kidney beans | lentils |
|  | limas | northern beans |
|  | pork ’ n beans | split peas |
|  | soy beans |  |
|  |  |  |
| Other foods | bran cereals | brewer’s yeast |
|  | caramels | nuts |
|  | seeds | wheat germ |
|  | whole grain products |  |

**What do I do if my phosphorus level is too high?**

When your phosphorus level is too high, think about your diet and substitute lower phosphorus foods for a while. Talk to your dietitian and doctor about making changes in your diet and ask about your phosphate binder prescription.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **HIGH PHOSPHORUS FOODS INSTEAD OF** | | | **LOW PHOSPHORUS FOODS TRY** | |
|  | **Phosphorus (mg)** |  |  | **Phosphorus (mg)** |
| 8 ounce milk | 230 |  | 8 ounce nondairy creamer **or**  4 ounce milk | 100 115 |
| 8 ounce cream soup made with milk | 275 |  | 8 ounce cream soup made with water | 90 |
| 1 ounce hard cheese | 145 |  | 1 ounce cream cheese | 30 |
| ½ cup ice cream | 80 |  | ½ cup sherbet **or**1 popsicle | 0 |
| 12-ounce can cola | 55 |  | 12 ounce can of Ginger Ale or lemon soda | 3 |
| ½ cup lima or pinto beans | 100 |  | ½ cup mixed vegetables **or**green beans | 35 |
| ½ cup custard or pudding made with milk | 150 |  | ½ cup pudding or custard made with nondairy creamer | 50 |
| 2 ounce peanuts | 200 |  | 1 ½ cup light salt/low fat popcorn | 35 |
| 1 ½ ounce chocolate bar | 125 |  | 1 ½ ounce hard candy, fruit flavors or jelly beans | 3 |
| 2/3 cup oatmeal | 130 |  | 2/3 cup cream of wheat **or**grits | 40 |
| ½ cup bran cereal | 140-260 |  | ½ cup nonbran cereal, shredded wheat, rice cereals, or corn flakes | 50-100 |

More than 20 million Americans—one in nine adults—have chronic kidney disease and most don’t even know it. More than 20 million others are at increased risk. The National Kidney Foundation, a major voluntary health organization, seeks to prevent kidney and urinary tract diseases, improve the health and well-being of individuals and families affected by these diseases and increase the availability of all organs for transplantation. Through its 50 affiliates nationwide, the foundation conducts programs in research, professional education, patient and community services, public education and organ donation. The work of the National Kidney Foundation is funded by public donations.