

## **PHOSPHORUS DIET INFORMATION**

Phosphorus can build up in her blood stream when your kidney function is not normal. This can lead to symptoms of itching, muscle aches and bone pain. Over time, this can contribute to weakening of your bones and abnormal deposits in your blood vessels and tissues. Following a low phosphorus diet can help avoid these problems.

### **High Phosphorus Foods to Avoid:**

<b>Dairy</b>	<b>Breads/Starches</b>	<b>Beans, Lentils, Legumes</b>	<b>Other Foods</b>
Milk	All-Bran	Almonds	Chocolate
Chocolate milk	Whole-wheat flour	Cashews	Caramel
Eggnog	Soybean flour	Coconut	Cocoa
Soy milk	Brown rice	Peanuts	Molasses
Milkshakes	Wheat germ	Pecans	Pizza
Ice cream		Pumpkin seeds	Macaroni and cheese
Pudding		Sunflower seeds	Lasagna
Yogurt		Kidney beans	Coke/Pepsi/Dr. Pepper
Custard		Lentils	Waffles – frozen or mix
Cheese		Lima beans	Pancake mix
Cottage cheese		Navy beans	Cheesecake
Cream soups		Pinto beans	Beer
		Soybeans	Biscuit mix
		Bean soup	Tang orange drink

**Dr. A. Kadri and Staff**  
**Windsor Regional Kidney Care Centre**