

PHOSPHORUS

Phosphorus is a mineral needed by the body for building bones and maintaining healthy cells, muscles, and nerves. A healthy phosphorus level is 3.5-5.5 mg/dl.

NEED FOR PHOSPHORUS RESTRICTIONS

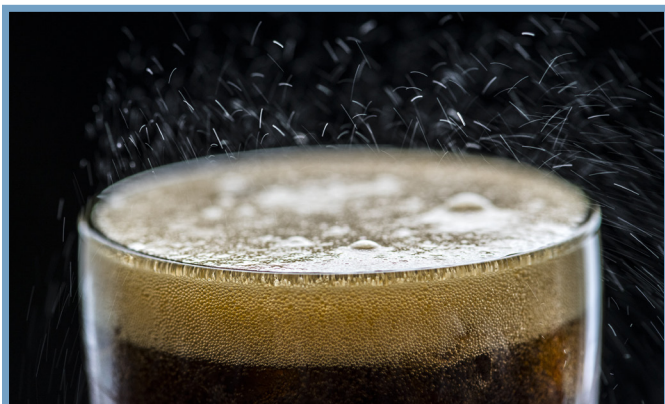
Healthy kidneys get rid of excess phosphorus in the urine. In kidney disease, phosphorus builds up in the blood causing: itching, muscle aches and pains; bones that break easily; calcification (calcium deposits) of the heart, skin, joints, and blood vessels.



WAYS TO CONTROL THE PHOSPHORUS

It is important to take phosphorus binders with meals and snacks and to limit foods that are high in phosphorus.

Phosphorus binders work by binding to the phosphorus in the food before it is absorbed in the digestive system. In order for this process to work, it is important to



take the binders with meals and snacks. This will prevent elevated phosphorus in the blood. Typical phosphorus binders are calcium acetate (Phoslo), calcium carbonate (Tums), sevelamer carbonate (Renvela), and lanthanum carbonate (Fosrenol).

HIGH PHOSPHORUS FOODS TO AVOID OR LIMIT

- Milk
- Beans
- Organ meat
- Cheese
- Nuts
- Soybeans
- Yogurt
- Peanut butter
- Lentils
- Ice cream
- Seeds
- Custard
- Pancake mix
- Beer
- Pudding
- Chocolate/Caramel
- Carbonated colas
- Cream soups
- Molasses
- Baking powder
- Dried fruits
- Baking soda
- Whole wheat
- Wheat germ
- Oatmeal
- Brown rice
- Casseroles with cheese

LOW PHOSPHORUS (P) REPLACEMENTS TO TRY

High Phosphorus Foods	P (mg)	Low Phosphorus Foods	P (mg)
8 oz. milk	230	8 oz. non-dairy creamer or 4 oz. milk	100 115
8 oz. cream soup made with milk	275	8 oz. cream soup made with water	90
1 oz. hard cheese	145	1 oz. cream cheese	30
½ cup ice cream	80	½ cup sherbert or 1 popsicle	0
12 oz. can cola	55	12 oz. 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 non-dairy creamer	50
2 oz. peanuts	200	1 ½ cup light salt/low fat popcorn	35
1 ½ oz. chocolate bar	125	1 ½ oz. hard candy, fruit flavors or jelly beans	3
2/3 cup oatmeal	130	2/3 cup creamer of wheat or grits	40
½ cup bran cereal	140-260	½ cup non-bran cereal, shredded wheat, rice cereals, or corn flakes	50-100

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SPEAK WITH YOUR DIETITIAN ABOUT YOUR INDIVIDUAL NEEDS.