

PHOSPHORUS AND YOUR KIDNEY DIET

Most foods have phosphorus. This guide will help you control your phosphorus intake to help you stay healthy.

HIDDEN PHOSPHORUS

- Fresh foods are best.
- Beware of phosphorus added to packaged foods, instant products, frozen meals, spreadable cheeses, and certain snacks.
- Check food labels for “PHOS” to find hidden phosphorus.



INSTEAD OF

frozen
chicken
nuggets



TRY

fresh
chicken
breast

cola



ginger ale

DEALING WITH DAIRY

- Milk and milk products add protein to your diet, but they are also high in phosphorus and calcium.
- Look for dairy substitutes that are lower in phosphorus.



INSTEAD OF

milk



unfortified
rice milk

ice
cream



sorbet

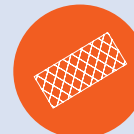
SMART SNACKS

- It's okay to snack as long as you make smart choices.
- Snacks are also a good way to increase calories.



INSTEAD OF

chocolate
cookies



vanilla
wafers

snack mix
with nuts



unsalted
popcorn or
unsalted
pretzels

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“VEGGIE” PROTEIN

- Phosphorus from vegetables is not used as readily by the body as phosphorus from meat.
- Ask your dietitian how to use vegetable protein in your diet.
- For example: beans, black-eyed peas, lentils, or tofu. These foods also contain potassium.

TRY NEW RECIPES



stir-fried
tofu



pasta or
rice with
beans

DINE OUT WITHOUT A DOUBT

- Fast foods are loaded with phosphorus additives.
- Whenever possible, choose non-fast food restaurants that make foods from scratch using fresh ingredients such as hamburgers, fish, chicken, or steak.
- If the portion sizes are too large, eat half and take the other half home.



INSTEAD OF
cheese
burger



TRY

hamburger
with lettuce
and onion

cheese
enchilada



beef taco
with lettuce
and onion

SENSIBLE CHEATING

- If your blood phosphorus is in good range, ask your dietitian how to occasionally have a favorite food that is high in phosphorus by having a small portion.



INSTEAD OF
1 cup of
ice cream



TRY

½ cup of
ice cream

2 slices of
pizza



1 slice of
pizza

