

2013

# High Phosphorus Foods to Limit or Avoid

# High Phosphorus Foods to Limit or Avoid

Phosphorus and calcium are minerals naturally found in your body. When you have normal kidney function, they stay in good balance.

When your kidneys don't work well, phosphorus levels in your blood go up and calcium can go down.

To fix this problem, your body will take calcium from bones to "balance" things again. This can cause your bones to become weak and painful, and they could break easily.

The calcium binds with phosphorus and can form deposits in your skin, joints, blood vessels and other body parts. This can cause itching, stiff joints, and problems with other parts of your body, like your heart.

## **Here is how you can help keep your phosphorus and calcium in a healthy balance.**

1. Avoid high phosphorus foods.
2. Have a meal or snack when you take your phosphate binders (such as Tums®, calcium carbonate, Renagel®, Fosrenol®, Milk of Magnesia®).
3. Read food labels – choose grain products with less than 6% Daily Value for phosphorus, or not more than 3 grams of fibre per serving.
4. Follow dietary advice from your dietitian.

## High phosphorus foods to avoid:

- Dairy products (milk, yogurt, cheese)
- Nuts, nut butter, seeds, lentils, beans (except green & yellow beans)
- Whole grain breads and cereals, such as: natural bran, All Bran®, Bran Buds®, Bran Flakes®, Oat Bran®, Raisin Bran®
- Self-rising flour, baking powder (Your dietitian can help you find a low-phosphorus baking powder)
- Cake donuts, muffins, biscuits, pancakes, waffles (store bought or mixes)
- Chocolate
- Organ meats (such as liver or kidney)
- Sardines
- Canned salmon **bones**
- Processed foods such as: hot dogs, sausage, bologna, pizza
- Coca-Cola®, Pepsi®, or other colas, Dr. Pepper®
- Beer

Phosphate **added in processing** is 100% absorbed by the body.

Phosphate **found naturally** in foods is 60 – 70 % absorbed by the body.

If you have any questions, please ask.

We are here to help you.

