

If you have chronic kidney disease (CKD), it may be important to limit foods that are high in phosphorus

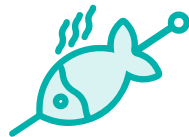
Phosphorus is a mineral found in many foods and drinks. If your kidneys can't function properly, too much phosphorus in your diet can lead to build up in your blood, which can damage your body.

The 2 main types of phosphorus in food are organic and inorganic. Try to limit both types in your diet—especially inorganic phosphorus, as more of it is absorbed by the body.

## ORGANIC PHOSPHORUS



**Eggs**



**Fresh Fish**

(eg, salmon, halibut)



**Nuts**

(eg, almonds, peanuts)



**Legumes**

(eg, beans)

Naturally found in most protein-rich foods

Approximately 30%–60% is absorbable

## INORGANIC PHOSPHORUS



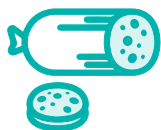
**Snack Bars**



**Cereals**



**Frozen Meals**



**Deli Meats**



**Soda/Sports Drinks**



**Fast Food**

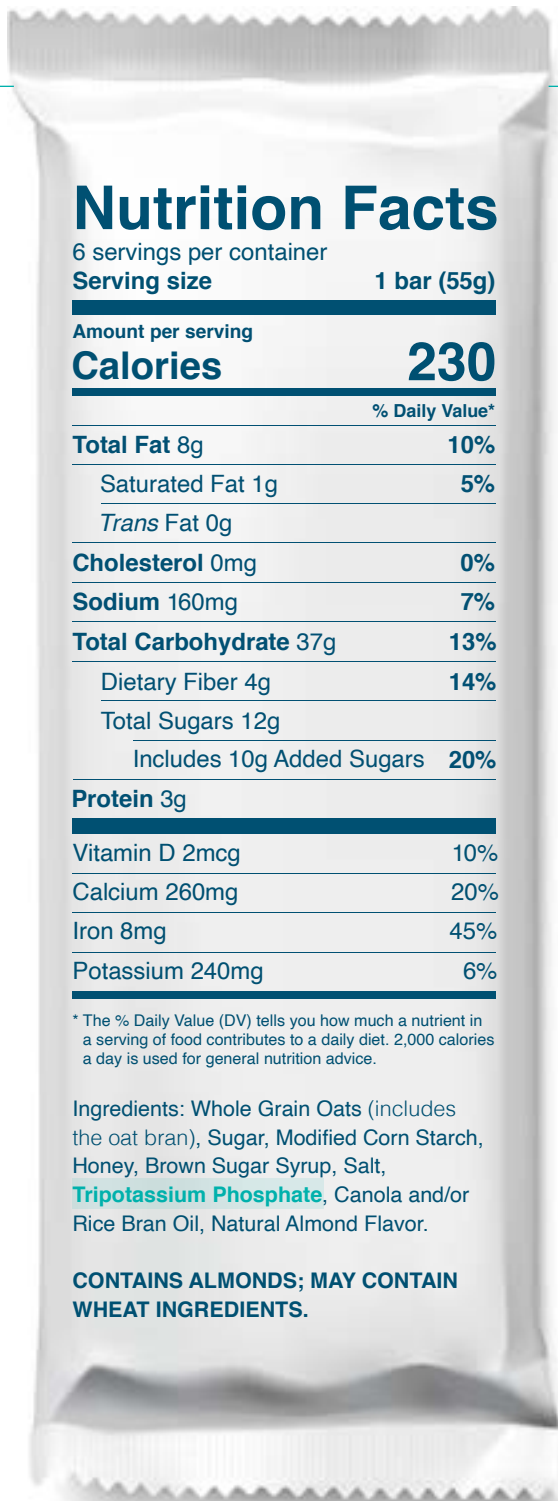
Main ingredient in many preservatives found in processed foods

Over 90% is absorbable by the body

**Please talk to your renal dietitian before making any changes to your diet**

# Use nutrition facts labels to find hidden phosphorus in food

Remember to always check the ingredients at the bottom of the label to get the full picture of what you're about to eat



## TIPS



### TIP 1

Phosphorus content isn't required on labels, so watch out for words containing "p-h-o-s" in the ingredient list. "P-h-o-s" can be located anywhere in the ingredient name.

#### For example:

Pyrophosphate

Hexametaphosphate

Phosphoric acid

Dicalcium phosphate

Sodium phosphate

Tricalcium phosphate



### TIP 2

If phosphorus isn't listed, it does not mean it isn't there. Phosphorus may be listed as percent daily value, which you can use to help with your diet. Percentage for phosphorus is based on the Recommended Daily Allowances (RDAs). RDAs are a guideline for the needs of healthy adults. Your needs are different when you have CKD.

**For example:** Phosphorus isn't always listed on chicken breast packaging. The estimated amount in ½ chicken breast (boneless and skinless) is 199 mg, Daily Value (DV), 28%.