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

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

Nutrition Facts

6 servings per container **Serving size**

1 bar (55g)

Amount per serving Calories

230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added	Sugars 20%

Protein 3g

Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Whole Grain Oats (includes the oat bran), Sugar, Modified Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Rice Bran Oil, Natural Almond Flavor.

CONTAINS ALMONDS; MAY CONTAIN WHEAT INGREDIENTS.



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 $\frac{1}{2}$ chicken breast (boneless and skinless) is 199 mg, Daily Value (DV), 28%.