

# PHOSPHORUS



Phosphorus is a mineral needed by the body for building bones and maintaining healthy cells, muscles, and nerves.

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.

## THESE FOODS ARE HIGH IN PHOSPHORUS

### Limit or avoid these foods:

Cheese, whole wheat cereal and bread, nuts, peanut butter, beers, and dark colored sodas.

To prevent high levels of phosphorus in the blood, it is important to take phosphorus binders with meals and snacks and to limit foods that are high in phosphorus.



**SPEAK WITH YOUR DIETITIAN ABOUT YOUR INDIVIDUAL NEEDS.**