



# PHOSPHORUS

## ***What is phosphorus:***

Phosphorus is a mineral needed by the body for building bone, repairing body cells, and keeping nerves and muscles healthy. A healthy phosphorus level is 2.6-5.5 mg/dl.



## ***Need for phosphorus restriction:***

Healthy kidneys get rid of excess phosphorus in the urine. 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. In order to avoid these problems, it is important to limit phosphorus consumption and take the phosphorus binders with meals and snacks.



X-Ray of Human Knee

**Take phosphorus binders with your meals and snacks.**

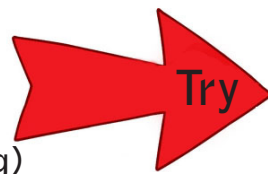
**Limit the phosphorus in your diet.**

## ***Ways to control the phosphorus:***

Phosphorus binders work by binding to the phosphorus in the food before it is absorbed in the digestive system. In order for this process to work, it is important to take the binders with meals and snacks. This will prevent elevated phosphorus in the blood. Typical phosphorus binders are calcium acetate (Phoslo), calcium carbonate (Tums), sevelamer carbonate (Renvela), and lanthanum carbonate (Fosrenol).

***Speak with your dietitian about your individual needs***

**HIGH PHOSPHORUS FOODS  
INSTEAD OF**



**LOW PHOSPHORUS  
FOODS**

	Phosphorus (mg)		Phosphorus (mg)
8 ounce milk	230	8 ounce nondairy creamer or 4 ounce milk	100 115
8 ounce cream soup made with milk	275	8 ounce cream soup made with water	90
1 ounce hard cheese	145	1 ounce cream cheese	30
1/2 cup ice cream	80	1/2 cup sherbet or 1 popsicle	0
12-ounce can cola	55	12 ounce can of Ginger Ale or lemon soda	3
1/2 cup lima or pinto beans	100	1/2 cup mixed vegetables or green beans	35
1/2 cup custard or pudding made with milk	150	1/2 cup pudding or custard made with nondairy creamer	50
2 ounce peanuts	200	1 1/2 cup light salt/low fat popcorn	35
1 1/2 ounce chocolate bar	125	1 1/2 ounce hard candy, fruit flavors or jelly beans	3
2/3 cup oatmeal	130	2/3 cup cream of wheat or grits	40
1/2 cup bran cereal	140-260	1/2 cup nonbran cereal, shredded wheat, rice cereals, or corn flakes	50-100

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