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Phosphorus

Phosphorus is a mineral found in your bone. Our kidneys remove extra phosphorus in our blood. Patients with chronic kidney disease cannot remove phosphorus very well.

Typically limit phosphorus to <900 mg/day.

Tips to cut down phosphorus in your diet.

1. Avoid foods high in phosphorus.
2. Read labels and pay attention to serving size.

Foods that are high in phosphorus

Milk, cheese and dairy products.

Beer/Ale, chocolate, cocoa and colas.

Processed foods.

Beans and Legumes.

Nuts and seeds.

Grains (Bran, oatmeal and granola).

Tofu.

Hidden phosphorus in diet

Read labels. Certain additives/preservatives added to your food may contain phosphorus.

Phosphoric acid	Trisodium phosphate
Sodium polyphosphate	Dicalcium phosphate
Pyrophosphate	Sodium phosphate
Sodium tripolyphosphate	Monocalcium phosphate
Polyphosphate	Tetrasodium phosphate
Tricalcium phosphate	Aluminum phosphate
Hexametaphosphate	

