



Low Phosphorous Diet

Client Name _____

Dietitian _____

Phone _____ Email _____

What is Phosphorus?

Phosphorous is a mineral found mostly in your bones. Along with calcium, phosphorous is needed for building healthy strong bones.

Why is phosphorus important?

Kidneys remove extra phosphorous from your blood. When you have chronic kidney disease (CKD) your kidneys cannot remove phosphorus very well. High phosphorus levels can harm you. Extra phosphorous pulls calcium out of your bones, making them weak. High calcium levels can also lead to dangerous calcium deposits in heart, blood vessels, lungs, and eyes. Phosphorous and calcium control is very important for overall health.

You can keep your phosphorus level normal by following this diet and taking any prescribed medications for phosphorus control. If you are having difficulty understanding or following a low phosphorous diet, consult a registered dietitian.

The following list will help you choose foods that are lower in phosphorus. Because individual brands of the same foods can vary in phosphorus level you will want to read nutrition labels. Nutrition labels list phosphorus as a percent of Daily Value (%DV). To calculate how many milligrams (mg) of phosphorus are in one serving add a zero to the percent. Example: a food with 30% DV of phosphorus = 300 mg.

Foods high in phosphorus		Food substitutions that may be lower in phosphorus (check the label)	
Instead of this	Phosphorus (mg)	Try this	Phosphorus (mg)
1 cup milk, pudding or yogurt	230-300	1 cup soy or rice milk, or limit to no more than 1/2 cup milk/dairy per day	120-150 (Brands vary, so check the label.)
1 cup cream soup made with milk, such as split pea, dried bean or lentil	125-150	1 cup broth-based soup made with water Try making cream soups with water instead of milk	Less than 100

Foods high in phosphorus		Food substitutions that may be lower in phosphorus (check the label)	
Instead of this	Phosphorus (mg)	Try this	Phosphorus (mg)
1 ounce processed or hard cheese	100-215	1 ounce (2 tablespoons) cream cheese, including Neufchatel	35
1 cup ice cream or frozen yogurt	150-200	1/2 cup sherbet or 1 popsicle	0
Organ meats	More than 400 per 3 ounces	Limit meat, poultry and fish to no more than 5 ounces a day	200 or less per 3 ounces
Cornbread, biscuits, muffins, pancakes or waffles made with baking powder containing phosphate (read ingredient list) 1 slice whole-grain bread 1 cup whole-grain products (bran or granola-type cereals, snacks and breads), oatmeal, brown rice, bulgur	60-180	1 slice refined white bread Quick breads, muffins, pancakes or waffles made with baking powder containing sodium aluminum sulfate (read ingredient list) Refined low-fiber cereals, plain crackers and chips, white rice	10-50
1 cup legumes, including dried peas and beans, lima beans, kidney beans, soybeans or lentils	150-350	1 cup white potato (1 medium), onions, pumpkin, cucumber, winter and summer squashes, mixed vegetables, beets, other greens, lettuce, cabbage, carrots, fresh tomatoes, cauliflower, turnips, green beans, wax beans, peppers or celery Fruit	Less than 80
1 cup other vegetables, including artichokes, corn, sweet potatoes, green peas, parsnips, broccoli, mushrooms, spinach, canned tomato products, asparagus, brussels sprouts, pumpkin or okra	80-140		
1 ounce mixed nuts and seeds	100-150	1 cup popcorn	23
1.5 ounce chocolate bar or chocolate candies	95	1 ounce hard candy, jellybeans, butterscotch or gummy-type candy	0
12 ounces cola soda	40	12 ounces non-cola soda	4

Source: USDA Nutrient Data base 2008