

# Managing your phosphorus with CKD

Phosphorus (phos) is a mineral found in many foods that works with calcium to build strong, healthy bones. When you have chronic kidney disease (CKD), it's harder for your kidneys to remove extra phosphorus from the foods you eat, causing a harmful buildup. Feel your best by eating well and following these tips.

## 3 tips to manage phosphorus



### **Eat fresh.**

Wholesome fruits and vegetables contain no additives. Natural phosphorus found in fresh foods is absorbed less compared to foods containing additives, so you can have more of them.



### **Read labels.**

Did you know your body can absorb up to 100 percent of phosphorus additives? They're more common than you think, but the list of ingredients on food labels will help you identify them. Do the activity on the back to practice looking for hidden phosphorus in your foods.

#### **Examples of foods with phosphate additives:**

- /// Biscuits
- /// Dark colas
- /// Snack cakes
- /// Heat-and-serve meals
- /// Bread and cake mixes
- /// Ready-to-eat meats
- /// Processed cheese
- /// Fast foods



### **Take your binders at each meal, if prescribed.**

Phosphate binders help to absorb the phosphorus in your stomach so it doesn't build up in your body as quickly. Choosing fresh foods and taking phosphate binders when you eat will help maintain a healthy heart and strong bones.



### **Know your number**

A target phosphorus level is

**3.0–4.5 mg/dl**

My most recent phosphorus level is \_\_\_\_\_ (mg/dl)

**Too high:** Choose wholesome foods, limit processed foods, and take your binders, if prescribed.

**Too low:** Talk to your dietitian to make sure you're getting enough protein and calories in your diet.



### **STEER CLEAR OF HIDDEN PHOSPHORUS**

Visit [FreseniusKidneyCare.com/Phos](https://www.freseniuskidneycare.com/phos) for helpful "phos" tips and food lists.

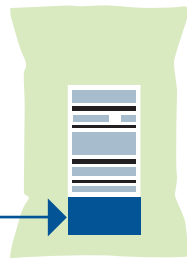


## Shop smart. Read labels.

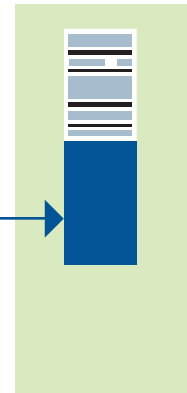
Check the ingredient list, located below the nutrition facts, and choose foods with no added phosphates (words with “phos”).

Here are some examples of ingredient lists and where you might find them:

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Trisodium Phosphate, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Sugar, Palm And/ Or Canola Oil, Dextrose, Tetrasodium Pyrophosphate, Cocoa (Processed With Alkali), High Fructose Corn Syrup, Leavening (Baking Soda And/ Or Calcium Phosphate), Salt, Soy Lecithin, Chocolate, Artificial Flavor.



**INGREDIENTS:** UNBLEACHED EN-RICHED FLOUR (WHEAT FLOUR, NIACIN, RIBOFLAVIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), PEANUT BUTTER (ROASTED PEANUTS, SODIUM HEXAMETAPHOSPHATE, HYDROGENATED VEGETABLE OIL {RAPESEED AND/OR COTTONSEED AND/OR SOYBEAN OILS}), SALT, PEANUT OIL), VEGETABLE OIL (SOYBEAN AND/OR CANOLA AND/OR PALM AND/OR PARTIALLY HYDROGENATED COTTONSEED OIL), TRISODIUM PHOSPHATE, SUGAR, DEXTROSE, LEAVENING (CALCIUM PHOSPHATE AND/OR BAKING SODA), SALT, SOY LECITHIN, MALTED BARLEY FLOUR. MILK.



## Activity

Find the hidden sources of phosphorus in this ingredient list. Pay attention to “enhanced” raw meats too, like chicken breast and pork chops, which also contain hidden phosphates.

*Hint: There are **12** hidden phosphate additives.*

**INGREDIENTS:** WATER, SODIUM TRIPOLY-PHOSPHATE, TOMATO PUREE (WATER, TOMATO PASTE), DRIED PEAS, CARROT PUREE, CORN PROTEIN (HYDROLYZED), ENRICHED PASTA (WHEAT FLOUR, TRISODIUM PHOSPHATE, NIACIN, DICALCIUM PHOSPHATE, FERROUS SULFATE, POLYPHOSPHATE, THIAMINE MONO-NITRATE, RIBOFLAVIN, FOLIC ACID), HIGH FRUCTOSE CORN SYRUP, CONTAINS LESS THAN 2% OF: SALT, REDUCED FAT CHEDDAR CHEESE PASTE (REDUCED FAT CHEDDAR CHEESE [MILK, CULTURES, SALT, SODIUM TRIPOLY-PHOSPHATE, ENZYMES], CARRAGEENAN, CIT-RIC ACID, MONOGLYCERIDES, PHOSPHORIC ACID, WATER, ENZYMES, XANTHAN GUM), BASIL, SPICES, ONION POWDER, PAPRIKA, CARAMEL COLOR, CARROTS, CELERY, CORN, GREEN BEANS, DISODIUM PHOSPHATE, CARROT JUICE CONCENTRATE, VEGETABLE OIL (CORN, TETRASODIUM PYROPHOSPHATE, CANOLA, AND/OR SOYBEAN), MONOSODIUM PHOSPHATE, BETA CAROTENE, SODIUM HEX-AMETAPHOSPHATE, CITRIC ACID, ONION EXTRACT, NATURAL FLAVORING, SODIUM CITRATE, ACETYLATED MONOGLYCERIDES, MALIC ACID, SODIUM TRIPOLYPHOSPHATE, XANTHAN GUM, VITAMIN C (ASCORBIC ACID), LOCUST BEAN GUM, POTASSIUM CITRATE, PHOSPHORIC ACID, NATURAL FLAVOR, COLOR (RED 40, BLUE 1).