



Focus on phosphorus

Phosphorus (phos) is a mineral found in many foods that works with calcium to build strong, healthy bones. When you have kidney disease, 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 your prescribed treatment plan.

3 tips to manage phosphorus



Eat fresh and read labels.

Fresh foods contain no additives. Processed foods may have phosphorus added as a preservative, so it is very important to pay attention to ingredient lists for phosphates (phos).

Examples of foods with phosphate additives:

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



Take your binders at each meal.

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 binders when you eat will help maintain a healthy heart and strong bones.



Complete every dialysis treatment.

It's important to plan enough time in your day for dialysis. Missing even one treatment can cause phosphorus to build up in your body. As this buildup increases, so does your risk of bone and heart disease.



Know your number

A target phosphorus level is **3.0–5.5 mg/dl**

My most recent phosphorus level is _____ (mg/dl)

- Too high:** Limit processed foods, take your binders and complete all dialysis treatments exactly as 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:

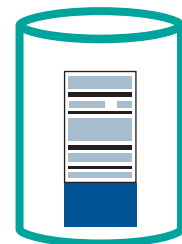
Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Trisodium Phosphate, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Sugar, Palm And/Or Canola Oil, Dextrose, Tetrasodium Pyrophosphate, Cocoa (Processed With Alkali), High Fructose Corn Syrup, Leavening (Baking Soda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



INGREDIENTS: UNBLEACHED ENRICHED 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.



Ingredients: filtered water, organic leeks, organic coconut milk (organic coconut, water), organic fire roasted sweet potatoes, dicalcium phosphate, expeller pressed high oleic safflower and/or sunflower oil, organic green lentils, trisodium phosphate, sea salt, spices, organic red onions, organic jalapeño peppers, organic garlic, black pepper. contains tree nuts (coconut).



Activity

Find the hidden sources of phosphorus in this ingredient list.

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 MONONITRATE, 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, CITRIC 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 HEXAMETAPHOSPHATE, 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).