KIDNEY HEALTH

Absorption of Phosphorus





Foods to have in moderation

These foods have phosphorus in them naturally. About half the phosphorus is absorbed in the gut by these foods.

- **Legumes and beans** (pinto, brown, navy, black, red, garbanzo, and lima beans; lentils and peanuts)
- **Dairy** (milk, cheese, yogurt, pudding, ice cream, custard, latte/cappuccino)
- **Nuts** (almonds, pecans, cashews, pistachios, sunflower seeds, walnuts, and nut butters)
- **Fresh meats** (poultry, seafood and red meats)

Foods with no phosphorus

- All fresh vegetables and fruits have no phosphorus (they contain potassium, which may be limited based on kidney function)
- Whole grains are better for kidney disease, and you should eat these instead of refined grains
- Fats contain no phosphorus

Foods to avoid

These foods contain phosphorus additives, which are not naturally in the foods. All of the phosphorus is absorbed in the gut by these foods.

Processed foods

- Box mixes for rice or noodles
- Biscuit mixes
- Cornbread mixes
- Fast food
- Frozen meals
- Instant oatmeal or grits
- Pancakes or waffles (frozen or box mixes)

Processed dairy

- Cheese spreads
- Processed cheese
- Coffee creamer
- Hot cocoa
- Enriched nondairy milk alternatives

Beverages

- Beer
- Colas
- Sports drinks
- Fruit punch
- Bottled coffee
- Canned/bottled iced teas
- Powdered drink mixes

Processed meats

- Deli meat
- Hot dogs
- Chicken nuggets
- Sausages

Hidden phosphorus

Reading food labels can help identify phosphorus additives. Look for “phos” in any ingredient list on a food label.

Examples: **Phos**phoric Acid, Sodium Poly**phos**phate, Tricalcium **phos**phate

CENTRAL HEALTH
TRAVIS COUNTY HOSPITAL DISTRICT

Okay to eat



Fruits



Vegetables



Whole grains



Fats

Eat in moderation



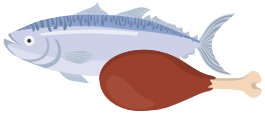
Beans



Dairy



Nuts



Fresh meats

Foods to avoid



Processed foods



Processed dairy



Beverages



Processed meats