

PHOSPHORUS

HIGH-PHOSPHORUS FOODS	POSSIBLE ALTERNATIVES
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1 cup **milk**
(236 mg)



1 cup **nondairy creamer**
(frozen Coffee Rich®)
(132 mg)

1/2 cup **macaroni and cheese**
(220 mg)



1/2 cup **pasta noodles with margarine, garlic, and basil** (150 mg)

1 oz **cheese**,
most kinds (150 mg)



1 oz **cream cheese**
or **Neufchâtel cheese**
(34 mg)

2 tbsp **peanut butter**
(118 mg)



2 tbsp **jam, jelly,**
or **honey** (2 mg)

2 slices of **pizza**
(246 mg)



1 slice of **pizza** (123 mg)
and 1 cup of **lettuce with Italian dressing** (26 mg)

Total intake of phosphorus depends on your recommended allowance for daily protein consumption. Overall, total daily phosphorus intake should be low enough to allow you to maintain serum phosphorus levels within the normal range for your laboratory.



YOUR LOW-PHOSPHORUS FOOD GUIDE



InBalance

PHOSPHORUS FOOD GUIDE

HIGH-PHOSPHORUS FOODS

POSSIBLE ALTERNATIVES

1 cup **frozen yogurt**
(353 mg)



1 cup **sorbet** (19 mg)

1 oz **chocolate** (200 mg)



1 oz **jelly beans, hard candy, gum drops, or marshmallows** (1 mg)

1/2 cup **custard** (142 mg)



1/2 cup **custard made with nondairy creamer** (frozen Coffee Rich®) (110 mg)

1/2 cup **pudding** (91 mg)



1/2 cup **pudding made with nondairy creamer** (frozen Coffee Rich®) (33 mg)

1/2 cup **ice cream or ice milk** (70 mg)



1/2 cup **sherbet** (38 mg) or
1 cup **sorbet** (19 mg)

12 oz **cola soda** (44 mg)

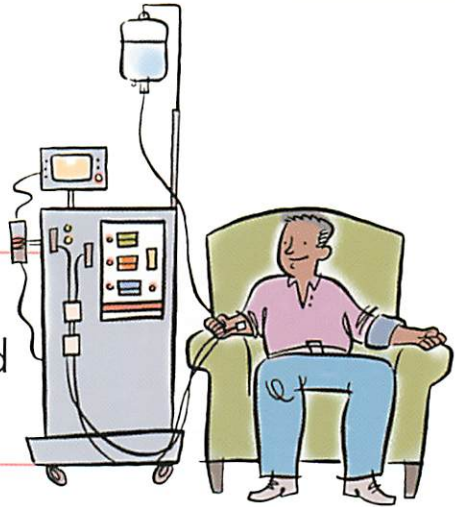


12 oz **lemon-lime soda, ginger ale, grape soda, or root beer** (0 mg)

You can do a lot to feel better and stay healthy. Here are three steps to follow:

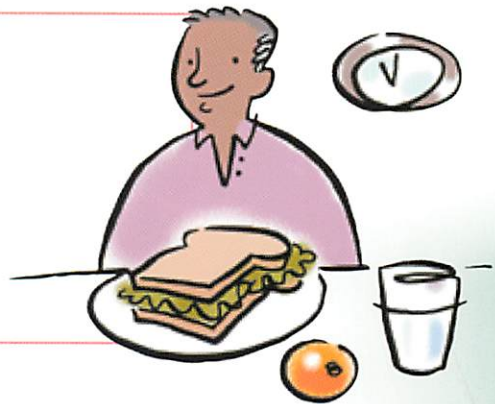
1 Dialysis

Never miss or leave early from your scheduled dialysis session.



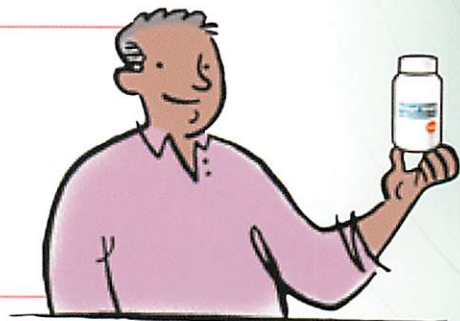
2 Diet

Follow the diet your dietitian developed for you. Watch your phosphorus and calcium intake.



3 Phosphate Binder

Remember to take your prescribed dose of phosphate binder with every meal.




InBalance

genzyme
Renal

GUIDE*

HIGH-PHOSPHORUS FOODS

POSSIBLE ALTERNATIVES

1/2 cup or 2.5 oz **nuts**,
all kinds (315 mg)



1 cup **unsalted popcorn** or 1 oz **pretzels** (24 mg)

1/2 cup **bran cereal**
(143 mg)



1/2 cup **corn flakes, rice cereals, or corn cereals** (9 mg)

1/2 cup **dried beans or peas** (143 mg)



1/2 cup **green beans or wax beans** (19 mg)

1/2 cup **oatmeal**
(88 mg)



1/2 cup **cream of wheat or grits** (16 mg)

1/2 cup **brown rice**
(81 mg)



1/2 cup **white rice** (12 mg)

*Nutritionist Five. Version 1.6. San Bruno, Calif: First Data Bank Inc; 1998.

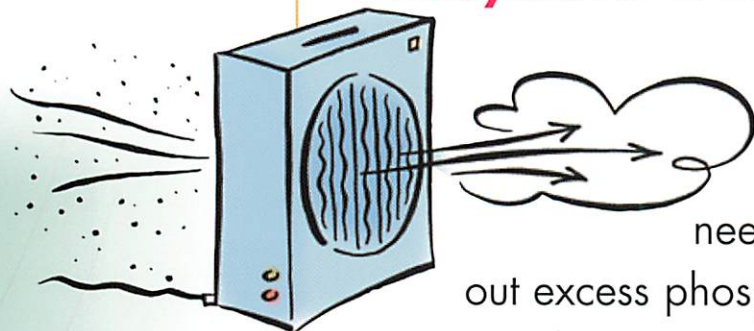
Values presented here are for average phosphorus content based on typical choices for the given food type.

YOU ARE IN CONTROL

Diet. Because dialysis alone can't control phosphorus completely, you must control how much of it goes into your body. Your dietitian will explain to you which foods are high in phosphorus and how to change your diet.



Dialysis. An air filter removes dust.



Similarly, people with kidney disease

need dialysis to filter out excess phosphorus and other toxins because their kidneys can't. But dialysis does not filter out *all* the excess phosphorus.

Binders. Just as a sponge soaks up excess water, phosphate binders absorb excess phosphorus.

