

Phosphorus Foods






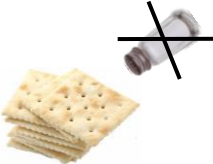








Talk to your dietitian about how much phosphorus (phosphate) is right for you every day. This handout can help you choose foods lower in phosphorus.

Limit or avoid packaged foods that have phosphate additives. Your body absorbs phosphorus from additives more easily than phosphorus that is naturally in foods. Every time you shop, look for the words *phosphorus* or *phosphoric* on ingredient lists.



Choose











These foods are lower in phosphorus.

 Fish	 Canned tuna	 Eggs	 Roast meat	 Chicken or turkey
 Unsalted soda crackers	 Cream of Wheat® (instant)	 Cold cereal (Rice Krispies®, Special K®, Corn Flakes®)	 Pasta (white) or couscous	 Bread (white or 60% whole wheat)
 Pita, wraps, chapatti, roti (white or 60% whole wheat)	 White rice	 Popcorn, unsalted	 Non-cola drinks	



Limit

These foods contain phosphorus. They are okay to eat in small amounts.

 Dried beans, peas, lentils, baked beans (½ cup/125 mL a day)	 Brown or wild rice	 Nuts and nut butters (2 Tbsp/30 mL a day)	 Whole grain, whole wheat, multigrain, dark rye breads	 Chocolate (15 g a day)
 Tofu (½ cup/125 mL a day)	 Homemade pancakes, waffles, biscuits	 Whole grain cereals (All Bran®, Raisin Bran®, Shredded Wheat®)	 Bran and oat bran muffins	 Oatmeal (¾ cup/175 mL a day)



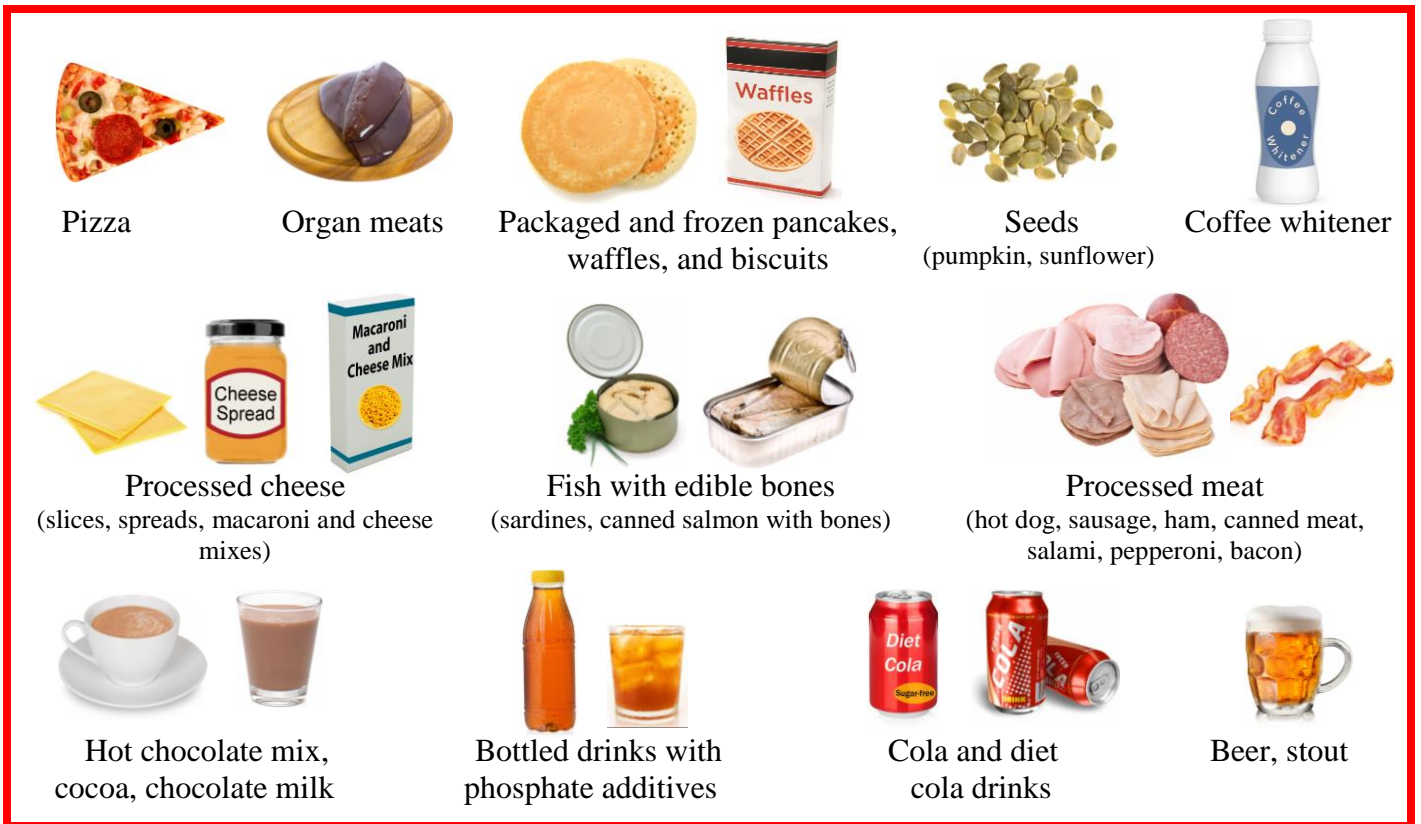
Limit to 2 servings a day

These foods contain phosphorus. They are okay to eat in the amounts listed.



Avoid

These foods are high in phosphorus.



Phosphorus Binders



Phosphorus binders are medicines you may be asked to take if your blood phosphorus levels are too high.

- Common phosphorus binders are calcium carbonate (Tums®) and sevelamer hydrochloride (Renagel®).
- **Remember to take your phosphorus binders with food if they have been prescribed for you.**