

PHOSPHORUS

What is Phosphorus?

Phosphorus is a mineral found in many foods. In your body phosphorus is found in your bones and teeth.

Why is phosphorus important to me?

When your kidneys are failing, eating too much phosphorus can cause your phosphorus blood levels to go too high. This, in turn, draws calcium out of your bones and makes your bones weak. Also, if your phosphorus and calcium levels get too high in your blood, then the extra calcium can deposit in other places like your heart, lungs, and blood vessels. This is called calcification in your body.

How do I keep my phosphorus low?

You can keep your phosphorus low by decreasing the amount of phosphorus in your diet. Your dietitian can show you how to do this. Also, your doctor may order a phosphate binder (pill) that you will take with every meal and snack. This medicine will bind the phosphorus in the food and take it out of your body in your stool.

What foods have a lot of phosphorus?

Milk and milk products: milk, cheese, cottage cheese, ice cream, custard, pudding, yogurt, cream soups made with milk.

Protein foods: oysters, flounder, haddock, halibut, sardines, salmon, fish roe, beef liver, chicken liver, organ meats.

Beverages: beer, ale, colas, drinks made with milk, cocoa, cocoa mixes, chocolate milk

Other foods: nuts, seeds, peanut butter, pancake mix, biscuit mix, frozen waffles, corn meal mix

When your phosphorus gets too high, try avoiding these high phosphorus foods for a while and watch your phosphorus go

Back

Down !!