

For Your Best Life Possible

Control Phosphorus For Stronger Bones and Heart

When your kidneys do not work properly, too much phosphorus can build up in your blood. This can pull calcium from your bones and overtime weakens bones and harms the heart.

Limit Foods High in Phosphorus

- Fast food, convenience food
- Colas and bottled iced tea
- Chicken nuggets, processed meats and chicken
- Frozen baked goods, baking mixes
- Bran cereals/muffins, granola
- Instant puddings and sauces
- Milk, dairy products, cheese (especially processed cheese)
- Chocolate candy/drinks
- Beans, nuts, and seeds

Read Food Labels

Limit foods with “phos” words in the list of ingredients. Here are some examples of ingredients to limit:

- Dicalcium phosphate
- Disodium phosphate
- Phosphoric acid
- Sodium hexameta-phosphate
- Trisodium phosphate



What You Eat and Drink Affects How Much Phosphorus in Your Blood

- Choose lower phosphorus food (ask your Dietitian how).
- Cook meals with fresh ingredients.
- Limit fast food and processed/packaged foods.
- Take phosphorus binders with every meal.
- Come to every dialysis treatment and stay your full treatment time.

Get More Information
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