

Controlling Your Phosphorus



Phosphorus is a mineral that healthy kidneys get rid of in the urine. In kidneys that are failing, phosphorus builds up in the blood and may cause many problems including muscle aches and pains, brittle, easily broken bones, calcification of the heart, skin, joints, and blood vessels. To keep your phosphorus levels in check, consider the following tips:

1. Limit high phosphorus foods such as:
 - Meats, poultry, dairy and fish (you should have 1 serving of 7-8 ounces)
 - Milk and other dairy products like cheese (you should have one 4 oz. serving)
2. Avoid high phosphorus foods such as:
 - Lima Beans, Black Beans, Red Beans, Black-eyed Peas, White Beans, and Garbanzo Beans
 - Dark, whole or unrefined grains
 - Refrigerator doughs like Pillsbury
 - Dried vegetables and fruits
 - Chocolate
 - Dark colored sodas
3. Don't forget to take your phosphate binders with meals and snacks.
 - Your doctor will prescribe a medication called a phosphate binder which will be some type of polymer gel or calcium medication. You need to take your phosphate binder as prescribed by your doctor. Often you will take a phosphate binder with every meal and snack.
4. Usually your diet is limited to 1000 mg of phosphorus per day.