

What you need to know about:

Phosphorus



- Phosphorus is a mineral involved in bone strength, cellular energy, and acid-base balance.
- In kidney disease, phosphorus levels may rise because the kidneys can no longer eliminate the excess.
- Hyperphosphatemia increases risk of vascular calcification, bone loss, and heart disease.
- Managing phosphorus involves dietary control and, in many cases, phosphate-binding medications.



- Chronic Kidney Disease is a major risk factor for phosphorus buildup.
- Phosphorus is added to many processed foods as preservatives—these are absorbed more readily than natural sources.
- Excess phosphorus may not cause symptoms but can silently contribute to bone and cardiovascular disease.
- In dialysis patients, phosphorus control is critical and often requires phosphate binders with meals.



- Daily phosphorus targets vary based on kidney function, but are often <800–1000 mg/day for advanced CKD.
- Reading labels is difficult—phosphorus is not always listed, especially when it's added as a preservative.
- Look for ingredients like phosphoric acid, sodium phosphate, calcium phosphate—these indicate additives.
- Natural sources like meats and dairy are better tolerated than phosphate additives but still require moderation.



**Naturenal products are low in phosphorus unless noted*



NATURENAL

KIDNEY-FRIENDLY BOTANICALS



Eating Guide

Avoid high phosphorus foods like:

Cheese slices	Beer, ale, malts	Fast food items
Cheese spreads	Certain sports drinks	Frozen meals
Cottage cheese	Powdered drinks	Bone-in canned fish
Milk - cow/ goat	Certain iced teas	Processed Meats
Ice cream	Instant cake mix	Instant oatmeal
Pizza	Boxed pasta mixes	Organ meats
Dark soda	Wrappered pastries	Chicken nuggets

Lower phosphorus alternatives:

Instead ofChoose
Regular milk.....Almond milk (phos-free brand)
Deli meats.....Fresh roasted poultry or pork
Canned fish with bones.....Tuna in water (no bones)
Dark colas.....Lemon-lime soda or homemade iced tea
Boxed baked goods.....Homemade muffins or cornbread
PizzaHomemade flatbread with veggies & olive oil
Ice cream.....Fruit pop, shaved ice

Eating Out...

- Choose grilled or fresh-prepared items—avoid processed cheese, sauces, or meats.
- Ask if meats are “enhanced” with phosphate solution—often found in fast food or chains.
- Avoid dark sodas; opt for water or clear drinks.
- Limit cheese-based dishes, creamy sauces, and baked goods with mixes or premade batters.
- Space phosphate binders throughout the meal (if prescribed)—timing is essential.
- Watch for hidden sources—restaurant menus rarely disclose phosphate additives.

