

## Why is it so important to be in control of your phosphorus balance?

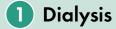
Dialysis. People often use a filter to remove particles and other impurities from the water they drink. In a similar way, people with kidney disease need dialysis to filter out excess phosphorus and other toxins from their blood. Although dialysis removes some of the excess phosphorus, it does not remove all of it.



control phosphorus completely; you must manage how much of it goes into your body. Your dietitian will explain to you which foods are high in phosphorus and how to adjust your food choices.



There's a lot you can do to feel better and stay healthy. Here are three ways to stay in control and in balance:



Never miss or leave early from your scheduled dialysis session.



2 Food choices

Follow the diet your dietitian developed for you. Watch your phosphorus, sodium, potassium, and calcium intake.



3 Phosphate binder

Remember to take your prescribed dose of phosphate binder with every meal.





Taking charge of your kidney disease



Your low-phosphorus food guide



## Phosphorus food guide<sup>1</sup>

Instead of eating this LOWER-PHOSPHORUS FOOD **HIGH-PHOSPHORUS FOOD...** 1 cup prepared macaroni and cheese from box (442 mg)1-oz slice processed

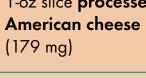


no added salt, 1/2 tbsp margarine, ½ tsp garlic powder, 1/2 tsp **basil** (90 mg)

1 cup **enriched** 

spaghetti, cooked,

Consider eating this



2 tbsp low-sodium, smooth-style peanut butter (115 mg)



1 tbsp **jam** (4 mg) or **honey** (1 mg)

1 oz **cheddar** 



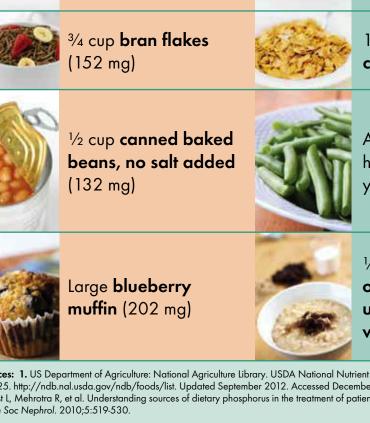
1 slice fast food, pizza chain, 14" pizza, pepperoni topping, regular crust (220 mg)

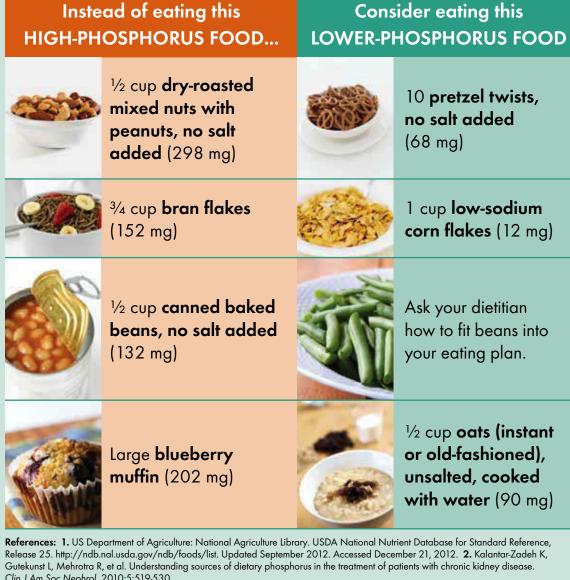


1 small slice French **bread** with 1 oz part-skim, lowmoisture mozzarella cheese melted on top (185 mg)









Gutekunst L, Mehrotra R, et al. Understanding sources of dietary phosphorus in the treatment of patients with chronic kidney disease. Clin J Am Soc Nephrol. 2010;5:519-530.

Total intake of phosphorus depends on your recommended allowance for daily protein consumption. Overall, total daily phosphorus intake should be low enough to allow you to maintain serum phosphorus levels within the normal range for the laboratory that tests your blood.