

## Phosphorus-Restricted Diet

The foods you eat are an important part of managing your health. You may need to limit the phosphorus in your diet if you have certain health conditions. Many foods contain phosphorus. However, some foods have more phosphorus than others and may need to be limited. This guide will help you choose the right types and amounts of foods.

### How to limit phosphorus in your diet

**Limit how much processed food you eat.** Many items such as these may have added phosphorus in the form of an additive or preservative:

- Baking mixes
- Canned and bottled drinks
- Enhanced meats (meats injected with flavoring, salts or chemicals)
- Fast foods
- Frozen baked goods
- Instant puddings
- Ready-to-eat foods
- Sauces

**Avoid processed food with added phosphorus salts.** Check the ingredients list on the food label (Figure 1). To look for hidden phosphorus in processed foods, look for words with “phos,” such as **phosphoric acid** or **tricalcium phosphate**. These phosphorus additives are completely absorbed in your body unlike the natural phosphorus in foods. Avoid phosphorus additives to lower your intake of phosphorus.

**Figure 1. Ingredient label example**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** WHEAT FLOUR, DEGERMED YELLOW CORN MEAL, SUGAR, LARD (LARD, HYDROGENATED LARD, BHT PRESERVATIVE, CITRIC ACID PRESERVATIVE), CONTAINS LESS THAN 2% OF: BAKING SODA, TRICALCIUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, SALT, WHEAT STARCH, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID.

**CONTAINS: WHEAT**

**Replace animal proteins with plant proteins in your diet.** This will help decrease how much dietary phosphorus is absorbed by your body. Your body absorbs a lot more phosphorus from animal proteins than plant-based proteins. A cooked portion of meat, poultry or fish should be 2 to 3 ounces or about the size of a deck of cards.

***Choose whole grains as part of a healthy, balanced diet.*** Whole-grain foods may contain a higher amount of phosphorus per serving than refined-grain foods. However, the phosphorus in plant-based foods is not absorbed completely by your body.

If you have any questions, talk with your physician, advanced practice provider or registered dietitian.