



Low Phosphorus Diet

What is phosphorus?

Phosphorus is a mineral found in many foods. Phosphorus gets into your bloodstream through your digestive tract when you eat.

When you eat more phosphorus than your body needs, healthy kidneys can remove the extra phosphorus from your blood. Phosphorus then leaves the body through the urine.

When your kidneys do not work properly, the phosphorus level in the blood can become too high.

What happens when phosphorus is too high?

Over time, a high phosphorus blood level can lead to bone disease. Bones may become weak and brittle. Symptoms include itching, painful bones and joints, muscle weakness, and bone fractures.

What can I do to prevent bone disease?

Control the amount of phosphorus that gets into your blood by limiting foods high in phosphorus.

Phosphorus-rich Foods

Foods high in phosphorus include:

Milk	Dark-colored sodas
Yogurt	Beans
Cheese	Nuts
Ice Cream	Chocolate
Seeds	Peanut Butter
Lentils	Bran

Your doctor may also prescribe a phosphate binder (such as calcium carbonate) to help lower your blood phosphorus level.

By learning what foods contain phosphorus, paying careful attention to your diet, and taking medicine as prescribed to lower blood phosphorus, you can control your phosphorus level.