

Phosphorus

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Phosphorus is a mineral that works alongside calcium in the body to help build bones and keep nerves and muscles in working order. In order for these two minerals to work together they must be balanced and within normal range in the blood stream.

Normally, the kidneys would rid the body of excess phosphorus; however, in kidney disease the kidneys are often unable to do this job. As a result, the blood levels of phosphorus increase causing the amount of calcium in the blood to decrease. Calcium is then drawn from the bones to increase its level in the blood and to restore the calcium-phosphorus balance. This can lead to weak bones that may be painful and easy to fracture. Furthermore, high blood levels of phosphorus for a long period of time can cause severe damage to the heart and blood vessels.

There are ways to prevent this from occurring:

1. Limit the amount of phosphorus in your diet
2. Take a phosphorus-binder with your meals such as calcium carbonate (TUMS) or calcium acetate (Phoslo)
3. Take vitamin D to increase calcium absorption

Foods High In Phosphorus

Dairy Products

Milk
Cheese
Cottage Cheese
Yogurt
Ice Cream
Pudding
Custard
Cream Soups
Casseroles with Cheese

Dried Beans

Navy Beans
Kidney Beans
Lima Beans
Pinto Beans
Black-eyed Peas
Lentils
Soybeans

Meats

Fish
Tuna
Lobster
Oysters
Liver
Egg Yolk
Poultry
Pork
Lamb/Veal
Beef

Nuts & Seeds

Almonds
Cashews
Coconut
Pecans
Walnuts
Peanuts/Peanut Butter
Pumpkin Seeds
Sunflower Seeds

Whole Grains

Bran
Bran Flakes
Oatmeal
Brown Rice
Whole Wheat Breads
Wheat Germ
Raisin Bran

Other

Carbonated Colas
Chocolate
Cocoa
Molasses
Caramel
Dried Fruit
Raisins and Dates