

Guide to a Low Phosphorus Diet!

Hyperphosphatemia occurs when a patient's glomerular filtration rate (GFR) falls between 25-45 mL/min/1.73 m². Patients suffering from Chronic Kidney Disease (CKD) often suffer from hyperphosphatemia because their phosphate cannot be properly cleared out of the blood. Therefore many patients will have elevated levels of phosphorus in their blood. Studies have shown that having elevated phosphorus levels is correlated with a higher mortality rate. Talk to your nephrologist and dietician to manage how much phosphorus you should be eating daily.

Low Phosphorous Foods/Beverages

High Phosphorous Foods/Beverages

<p>Foods</p> <ul style="list-style-type: none"> • Apples • Berries • Beef • Carrot Sticks • Chicken • Cottage Cheese • Cucumbers • Eggs • Fish • Pizza • Rice Cakes • Sherbert • Turkey • Unsalted Pretzels/Crackers/Popcorn 	<p>Foods</p> <ul style="list-style-type: none"> • Caramel • Cheese • Chocolate • Creamed Soups • Custard • Deli Meat • Hot dogs • Oat Bran Muffins • Ice Cream • Liver/Organ Meats • Oysters • Pudding • Sardines
<p>Beverages</p> <ul style="list-style-type: none"> • Apple Juice • Cranberry Juice • Coffee • Grape Juice • Ginger-ale • Lemonade • Milk (Almond or rice) • Tea 	<p>Beverages</p> <ul style="list-style-type: none"> • Beer • Hot chocolate, mochas • Milk • Dr Pepper

