High Phosphorus Diet

What is phosphorus?
Phosphorus is a mineral found in many foods. It is used by every cell in the body. Phosphorus plays important roles in many body functions including:
- Storage and use of energy by the body
- Growth, maintenance, and repair of tissues and cells

Why do I need to know about it in my diet?
Many conditions can cause low phosphorus levels:
- Low vitamin D levels
- Medicines which keep the body from absorbing phosphorus or cause the body to get rid of phosphorus
- Water pills
- Problems with parathyroid glands
- Poor nutritional intake/malnutrition
- Vomiting or diarrhea

- Excessive alcohol intake or alcohol abuse
- In addition, kidney transplant patients often have levels of phosphorus which are too low

Some signs of low blood phosphorus levels:
- Weakness
- Difficulty breathing
- Confusion
- Irritability

How can I increase my phosphorus levels?
Phosphorus supplements can be ordered to help increase low blood levels of phosphorus. Eating foods that contain higher amounts of phosphorus can also help increase blood phosphorus levels.

<table>
<thead>
<tr>
<th>Foods Higher in Phosphorus</th>
<th>Meats and Protein Foods</th>
<th>Milk and Dairy Products</th>
<th>Beans/Legumes</th>
<th>Grains</th>
<th>Nuts and Seeds</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Beef, pork, fish (pollock, walleye, swordfish, cod, halibut, salmon, tuna), shrimp, chicken or turkey, tofu</td>
<td>White and chocolate milk, cheese, yogurt, ice cream, custard, pudding, cream soup, cheese and milk casseroles, some brands of soy milk, and eggnog, ricotta or cottage cheese</td>
<td>Navy, kidney, pinto, or lima beans, soybeans, lentils, black-eyed peas, and hummus</td>
<td>Bran, bran products, wheat germ, oatmeal, granola</td>
<td>Nuts (including soybean nuts), peanut butter, nut butters, sunflower and pumpkin, seeds</td>
<td>Chocolate, caramel, molasses, hot cocoa, baked potato with skin, waffle or pancake, biscuits</td>
</tr>
</tbody>
</table>
Teach Back
What is the most important thing you learned from this handout?

What changes will you make in your diet/lifestyle based on what you learned today?

If you are a UW Health patient and have more questions, please contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children’s Hospital (AFCH) can be reached at: (608) 890-5500.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: (608) 287-2770.