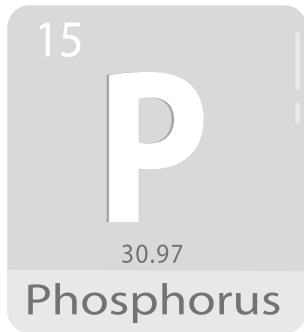
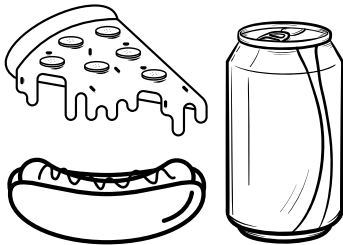


How to Reduce Serum Phosphorus to Prioritize Kidney Health



Why you should reduce your phosphorus intake?

Patients with chronic kidney disease (CKD) do not have the ability to filter phosphorus from their blood properly. A build up of serum phosphorus can pull calcium out of bones making them weaker. They can also combine to form deposits that can damage the heart, blood vessels, lungs, and heart.



High phosphorus foods



- Dark sodas, milk, cheese, ice cream, oysters, processed foods, hotdogs, sausage, bacon, pizza, deli meat, chocolate.
- Try to avoid fast food, gas station food, or food packaged for convenience





Tips + Tricks

- Consult with a Registered Dietitian for guidance when following a low-phosphorus diet
- Talk to your doctor about being prescribed phosphorus binders if you have CKD
- Focus on limiting foods high in phosphorus or added phosphorus. Read food labels to check phosphorus amount
- Get routine lab work to monitor phosphorus levels

Do you have CKD and want to learn how to implement a low-phosphorus diet? Schedule a **FREE 30 minute discovery call** with a Dietitian today!

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 205-267-4106

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