

Functions of Phosphorous:

- The second most abundant mineral in the body.
- 85% in the body is found in the bones and teeth, the rest in cells and tissues
- Helps filter out waste in the kidneys
- Plays an essential role in how the body stores and uses energy
- Helps reduce muscle pain after a hard workout
- Needed for growth, maintenance, and repair for all tissues and cells
- Production of genetic building blocks
- DNA and RNA
- Helps balance and use other vitamins

In dialysis...

Kidneys are not functioning properly to filter phosphorus out of the blood and into the urine to be excreted out of the body. This results in excess phosphorus building up in the blood. When phosphorus levels get too high, it causes calcium to come out of bones. The more calcium that seeps out the bone, the more weak, brittle and painful bones become. The excess calcium and phosphorus can settle in soft tissues (blood vessels, heart, etc) and cause damage to them also.

PHOSPHOROUS

For Questions or Concerns:

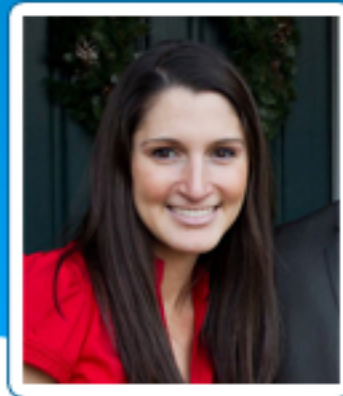
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Guidelines

for those on

Dialysis



To find a dietitian near you:

www.EATRIGHT.org

Low Sources:

(less than 70 mg)

Source	Size	mg
Butter	1 Tbsp	3
Margarine	1 Tbsp	1
Sour Cream	2 Tbsp	28
Orange Sherbert	1/2 Cup	30
Cooked White Rice	1 Cup	68
Sugar Cookie	2 3"-cookies	18
Pineapple	1 Cup	12
Apple	2 3/4" (medium)	15
Peaches (canned)	1 Cup	27
Tomato	2 3/5" (medium)	30
Iceburg Lettuce	1 Cup	11
Spinach	1 Cup	15
100% Wheat Bread	1 Slice	57

Medium Sources:

(between 70 and 120 mg)

Source	Size	mg
Chocolate Cake	1 2" x 2" slice	101
Milkshake or Ice Cream	1/2 Cup	70
Asparagus	1 Cup	97
Egg	1 Large	99
Blueberry Muffin	1 Small	87

High Sources:

(more than 120 mg)

Source	Size	mg
Yogurt (plain or fruit)	1/2 Cup	146
1% Milk	1/2 Cup	137
Non-Dairy Milk Subst.	1 Cup	244
Cheddar Cheese	1 oz. (1 slice)	140
Cottage Cheese	1/2 Cup	180
Cooked Pasta	1 Cup	122
Bran Cereal	1 Cup	707
Oatmeal	1 Cup	185
Corn Tortilla	2 6" diameter	150
Pancake	1 7" diameter	234
Ground Beef 95% lean	3 oz.	175
Chicken breast	1 Medium	194

