

EDUCATE YOUR DIALYSIS PATIENTS ABOUT PHOSPHORUS

EXPLAIN WHY DIALYSIS PATIENTS HAVE ELEVATED SERUM PHOSPHORUS AND DISCUSS THE CONSEQUENCES

- Healthy kidneys remove extra phosphorus from the body.
- When you have kidney disease, your kidneys cannot get rid of phosphorus very well.
- Extra phosphorus in the blood pulls calcium out of your bones, making them weak.
- High phosphorus and calcium may settle in your blood vessels and heart, known as calcification.

EXPLAIN PHOSPHORUS MANAGEMENT

- Almost all the foods you eat contain phosphorus.
- Control your phosphorus by limiting foods that are high in phosphorus and by taking your phosphate binders.

Note: Use blank spaces for additional examples of high phosphorus foods and provide alternative choices.

EXPLAIN PHOSPHORUS ADDITIVES

- Phosphorus additives in packaged and processed foods and beverages are added for flavor and used as preservatives.
- Foods with added phosphorus are more harmful than foods with natural phosphorus.
- Shop the outer edges of the grocery store and buy fresh foods.
- If you buy packaged foods, read food labels and look for “PHOS” (e.g. phosphoric acid, pyrophosphate).

EXPLAIN HOW TO DEAL WITH DAIRY

- Milk and milk products are a good source of protein but they are also high in phosphorus and calcium.
- Limit milk to ½-cup per day or use unfortified almond or rice milk.
- You can also change recipe ingredients to reduce phosphorus from dairy (e.g. replace milk with a low phosphorus milk substitute).

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EXPLAIN SMART SNACKING

- It's okay to eat between meals as long as you make smart snack choices and take your phosphate binder.
- Snacks are also a good way to increase calories.
- Some good snack choices are low potassium fruits, vanilla cookies or cake, and unsalted pretzels, rice cakes or popcorn.

EXPLAIN "VEGGIE" PROTEIN

- Phosphorus from vegetables is not used by the body as readily as phosphorus from meat due to phytate content.
- Vegetable protein choices may be used as a main dish in place of animal protein.
- Vegetable protein choices such as beans, other legumes, and tofu are also low in fat and cholesterol.
- Using vegetable protein as a side-dish in addition to animal protein may add too much phosphorus.
- Vegetable protein foods also contain potassium.

EXPLAIN SMARTER RESTAURANT DINING

- Whenever possible, choose non-fast-food restaurants to avoid high amounts of phosphorus additives. "Fast-foods" are also higher in sodium.
- Choose freshly prepared foods such as hamburgers (without cheese), fish, or steak.
- Restaurant portions are double the size of a healthy portion, so eat half and take the other half home. You will have a meal for the next day which also saves time and money!
- Avoid condiments such as salt, pickles, and relish.
- Use all the tips provided on the sheet to help deal with dining out.

EXPLAIN SENSIBLE CHEATING

- If your blood phosphorus is in a good range, you may occasionally have a favorite food that is high in phosphorus by limiting the portion size (establish if "occasional" will be for special occasions, holidays, or a monthly treat).
- You may be less likely to over-indulge in high phosphorus foods if you know how to cheat sensibly.