

High phosphorus foods

Phosphorus is a miner found in many foods that you eat. When your kidneys are not working well, phosphorus builds up in the blood and leads to bone disease. Symptoms of bone disease are itching, bone pain, joint pain, and broken bones. Eating a low phosphorus diet will help to prevent bone disease. The following is a list of high phosphorus foods that should be limited in the diet if your blood phosphorus is too high.

Dairy Products: milk, ice cream, yogurt, pudding, custard (limit these items to one choice per day in the amount of ½ cup per day), and cheese (limit to 3 ounces per week)

Dried Beans: black, garbanzo, lima, navy, pinto, soy, red, kidney, and white

Dried Peas: black-eyed, chickpeas, lentils, split peas, cowpeas, and crowder

Pork and Beans

Chocolate, Cocoa, and Molasses

Nuts (all) and Peanut Butter

Brown rice and Wild Rice

Seeds: sunflower, squash, and pumpkin

Bran Products: 100% bran, bran flakes, raisin bran, bran muffins

100% Whole Wheat Products: breads, pita, cereals, crackers

Wheat Germ

Organ Meats: brain, liver (beef and calf-chicken liver is okay), liver sausage, liverwurst

Soda Pop: Pepsi, Coke, Dr. Pepper, Mr. Pibb, Mountain Dew Red, (diet and caffeine-free varieties of these colas)

Beer