THE KIDNEY EXPERTS

Phosphorus and food additives



Not everyone needs to cut back.

Phosphorus is a mineral. It works with calcium to build strong bones.

Why it matters with kidney disease

Healthy kidneys remove extra phosphorus from your blood. With kidney disease, it can build up. Too much can make your bones weak. It can also harm your blood vessels.

We check with a blood test.

In early kidney disease, high phosphorus is less likely. It often has no signs.

Where it comes from

- It is found in foods with protein, like meat, beans, and dairy. Many of these foods are good for you.
- It is also added to lots of packaged foods and drinks. Your body takes in more of the added kind.

Spot it on the label.

Check the label for what is in the food. Look for words with PHOS in them.

Ask us before you change what you eat.

Do you need less phosphorus? It depends on your kidneys and your blood tests.

Bring your questions to every visit.

From Neff Roligeé and The Kidney Experts

The Kidney Experts
This handout is for learning only. It does not replace advice from your care team.
Neff is The Kidney Experts' mascot.
Reviewed by Shree Mulay, MD.

Scan to watch Neff's video.