

Phosphorous Diet Information

Is your Phosphorous too high?

It might be because you are eating food that has phosphorous added to it. Manufacturers add phosphorous to certain foods in food processing practices to help add flavor and preserve convenience foods. A typical person daily consumes around 1,000 mg of phosphorous additives. This has doubled since 1990.

Where do can you find phosphorous additives?

Chicken nuggets

Boneless skinless chicken breast

Tyson chicken products

Frozen chicken (wings, breast, thighs, drumsticks)

Hormel meat products

Butterball turkey

Pork products

Hot dogs

Tropicana fruit drinks

Hawaiian Punch

Aquafina Essentials

Tangerine Fruitworks - all varieties

Coca-Cola-all varieties

Pepsi-all varieties

Mountain Dew

RC Cola

Diet Rite Cola

Code Red & Black

Dr. Pepper

Nestea COOL

Puddings and sauces

How do you know if the product you are buying contains phosphorous additives?

You need to read **the nutrition label** to see if the product contains any of these words:

Disodium phosphate, Sodium tripolyphosphate, Monosodium phosphate, Sodium tripolyphosphate, Sodium hexametaphosphate, Tetrasodium pyrophosphate, Potassium tripolyphosphate, Trisodium triphosphate

Here are some alternatives that have less than 40 mg of phosphorous:

A&W cream soda, A&W root beer

Mountain Dew

Nestea,

Mello Yellow

Sprite

Slice

Minute Maid

Fanta

Squirt-diet and ruby red

Diet Rite flavored beverages

Verners

Minute maid

Welch's grape & strawberry

Dasani flavored waters

Crush orange

What else can you do?

You can limit intake of consuming high phosphorus foods by

Using fresh meat products

Using natural cheeses in very small amounts

Making pancakes, waffles, biscuits and breads from "scratch" so that you know what is in them.

Avoiding common sources of high phosphorous such as dairy foods, dark colas, beans and nuts.