

# Higher Phosphorus Food Choices

## (After kidney transplant or with increased dialysis)

You need phosphorus to help make energy and keep your bones strong. Some people get enough phosphorus from foods. You may need *more* phosphorus if:

- You have had a kidney transplant.
- You have increased dialysis time (intensive dialysis).

You can keep your phosphorus levels in a healthy range by eating foods higher in phosphorus. Examples of high phosphorus foods are below. Your healthcare team may also ask you to take phosphorus supplements. Your dietitian can help you increase the phosphorus in your diet.

## Foods higher in phosphorus

### Protein foods

#### Milk, dairy, and soy foods



Milk



Fortified soy beverage



Yogurt, kefir, buttermilk



Cheese (paneer)

#### Beans, lentils, meat, fish, nuts, and seeds



Beans, peas, lentils, soy, tofu



Lean meat (beef, pork, moose, elk, chicken, turkey)



Fish and shellfish, canned fish with bones



Eggs



Nuts and nut butters



Seed and seed butters

## Grain foods



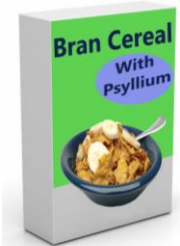
100% whole wheat, whole grain multigrain, dark rye breads;  
whole grain crackers and pasta; bran muffins



Whole grains: barley, brown or wild rice,  
oats and oatmeal



High fibre cereals: oat bran, All Bran<sup>®</sup>, 100%  
Bran Flakes<sup>®</sup>, Fiber One<sup>®</sup>, Bran Buds<sup>®</sup>, Raisin  
Bran<sup>®</sup>, Sunny Boy<sup>®</sup>



## Other Foods

There are other foods that can increase the phosphorus in your meals and snacks. These may include packaged foods with phosphate additives. Use the space below to write down other high phosphorus choices that work for you.

## More support

Talk to your dietitian if you have any questions about this handout.