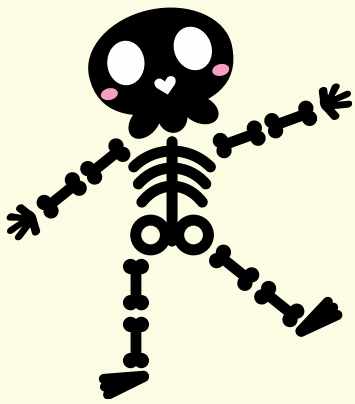


# YOUR FOOD GUIDE TO

# DIETARY PHOSPHORUS



BY DEPARTMENT OF DIETETICS, SGH



## What is Phosphorus?

Phosphorus is a mineral that is important for bone health.



## The Phosphorus and Calcium Balance

When your kidney fails, blood phosphorus levels may go up and cause a lowering of blood calcium.



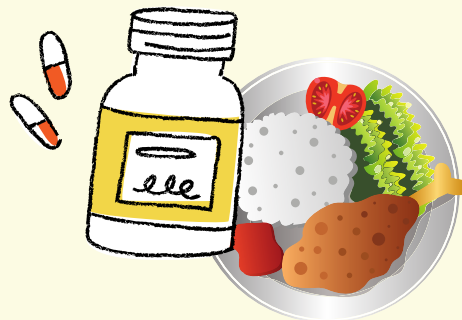
## Complications

High blood phosphorus may lead to skin itchiness, weak bones and 'pains' in muscles and bones.



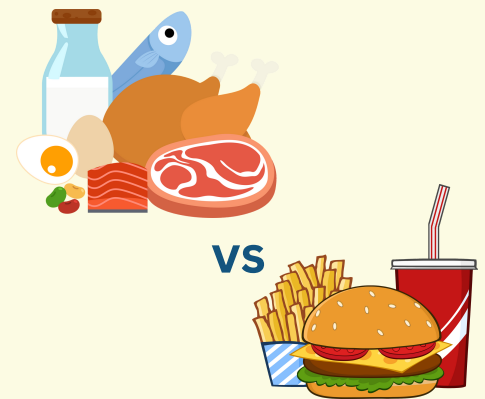
## Ways to Control Your Phosphorus Levels

- Dietary phosphorus restriction
- Phosphorus binders
- Adequate dialysis treatment



## Phosphorus Binders

Your doctors may prescribe phosphorus binders to bind the phosphorus in the food you eat. Remember to take these with meals as instructed.



## Dietary Phosphorus

Phosphorus is found:

- Naturally in food.
- Added to food as preservatives.

# Dietary Phosphorus Restriction

## Instead of this

- Milk and milk products
- Organ meats
- Canned sardines, ikan bilis
- Beans, nuts, legumes
- Malted drinks
- Chocolate
- Wholegrain products
- Soup

## Try this

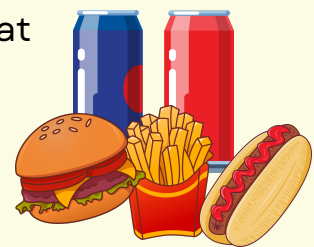
- Rice milk
- Cooked meat/ poultry
- Fish without edible bones
- Cooked vegetables, peas
- Coffee, tea, water
- Fruits
- Refined grains
- Leave the soup behind

Some of the foods with naturally occurring phosphorus are nutritious. Your **Dietitians will advise you on the recommended amount to be included** while on Phosphorus Restriction Diet.

## Know What's on the Ingredients List

Phosphorus is a commonly used additive that is added into food to enhance flavour and extend its shelf life.

It is important to **limit these foods** as these are greatly absorbed by the body.



### Can you circle the ingredients with added phosphorus?

**Tips: look for word with *phos-*.**

**Ingredients:** Sugar, non-dairy creamer (glucose syrup, hydrogenated palm kernel oil, sodium caseinate, dipotassium phosphate, sodium hexametaphosphate, mono and diglycerides, silicon dioxide, salt), coffee, maltodextrin, salt.

