



Phosphorus

Phosphorus is found in many of the foods you eat. It works with calcium and vitamin D to keep bones healthy. Kidneys help keep the right balance of phosphorus.

When kidneys are not working well, phosphorus can build up in your blood and cause problems.

Too much phosphorus can cause:

- Weak bones
- Too much calcium in your blood
- Blockages in your heart and blood vessels

To help your body balance phosphorus, your doctor might suggest that you take a phosphate binder. This medicine helps prevent phosphorus from building up in your blood. Even with this medicine, you may need to limit the amount of phosphorus you eat. Some foods that have a lot of phosphorus are:

- Chocolate
- Colas (dark sodas)
- Fish
- Meat
- Whole grains
- Dried beans, peas and nuts
- Dairy products (milk and cheese)

Talk to your doctor or dietitian about how much phosphorus you should have each day.



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