

Phosphorous



Food Labels

Scan label
ingredients and
avoid "phos."



Check drink labels

Can be added to
preserve and keep
it mixed.



Avoid processed meats

One meat may have
multiple
phosphates added.

What's so bad about phosphates?

Healthy kidneys remove extra phosphorous

- When phosphorous builds up, it can harm your bones.
- High phosphorous can also lead to heart disease.
- Eating right can go a long ways towards reducing your risks.

NATURAL PHOS

Phosphorous is found naturally in protein-rich foods. You absorb 30–60% of natural phosphorous.

ADDED PHOS

Phosphorous is added to preserve processed foods. You absorb 90-100% of added phosphorous.

SERVING SIZES!

Fast foods present lots of phosphorous. Hold the cheese on that sandwich. Mix in fruit as a side.