

Phosphorus

What is Phosphorous?

Phosphorus is a mineral that the body uses to build teeth and bones. Phosphorus is also a part of ATP. ATP is a chemical that is important for producing and storing energy.

Why Should Phosphorus be Limited in Dialysis?

With renal failure, the kidneys can't filter out phosphorus effectively. Dialysis also cannot effectively filter out phosphorus, and so phosphorus levels can become unsafe. To prevent phosphorus levels from becoming too high, it is important to limit how much phosphorus is in the diet. Below are lists of foods that have low, medium, and high levels of phosphorus.

Low Phosphorus Foods (<70 mg/serving)			Medium Phosphorus Foods (70-120 mg/serving)		
Food	Serving Size	Mg/Serving	Food	Serving Size	Mg/Serving
Egg White	1 large egg	5	Hard Boiled Egg	1 egg	86
Beef Bologna	1 oz	48	Pork Sausage	3 oz	115
Apple	1 medium	15	Avocado	1 cup	76
Blueberries	1 cup	17	Dried Pear	10 halves	103
Broccoli	1 cup	60	Boiled Artichoke	4.2 oz	88
Celery	1 medium stalk	10	Boiled Snow Peas	1 cup	88
Dry Buttermilk	1 T	65	Trix Yogurt	4 oz	80
Nonfat evaporated milk	1 fl oz	62	Sweetened Condensed Milk	1 oz	96
English Muffin	2 oz	52	Macaroni, Boiled	1 cup	81
White Bread	0.88 oz	25	Peanut Granola Bar	1 oz	84

High Phosphorus Foods (>120 mg/serving)

Food	Serving Size	Mg/Serving
Pork Spare Ribs	3 oz	222
5% fat ground beef	3 oz	175
Dried Peaches	1 cup halves	190
Minute Maid Orange Juice	8 fl oz	250
Canned Tomato paste	6 oz	141
Boiled Green Peas	1 cup	187
1% milk	8 fl oz	232
Low-fat Plain Yogurt	8 oz	327
Buttermilk biscuit, from mx	1 biscuit	205
Whole Wheat English Muffin	2.3 oz	186



Potassium

What is Potassium?

Potassium is a mineral that the body uses for muscle contraction and nerve impulse transmission.

Why Should Potassium be Limited in Dialysis?

With renal failure, the kidneys can no longer effectively filter out potassium. Potassium is a component in almost all foods.

When on dialysis, potassium needs to be restricted because potassium levels can rise to unsafe levels between dialysis treatments.

Low Potassium Foods (<150 mg/serving)			Medium Potassium Foods (150-300 mg/serving)		
Food	Serving Size	Mg/Serving	Food	Serving Size	Mg/Serving
Hard Boiled Egg	1 egg	63	Beef Shortribs, lean, braised	3 oz	266
Beef Bologna	1 oz	48	Grilled Canadian Bacon	2 slices	183
Cranberries raw	1 cup	81	Sweetened Apple Sauce	1 cup	181
Fig, raw	1 medium	116	Blackberries	1 cup	233
Celery, Raw	1 med stalk	104	Raw Broccoli	1 cup	288
Dill Pickle	1 spear	28	Spinach, raw	1 cup	167
Yoplait Go-Gurt	2.3 oz	95	Cottage Cheese 1%	1 cup	194
American Cheese	1 oz	47	Yoplait Yogurt Light	6 oz	250
White Corn Tortilla Chips	1 oz	60	Whole Wheat Pretzel	2 oz	245
Cornbread from mix	2.1 oz	77	Sweet Potato Chips	1 oz	259

High Potassium Foods (>300 mg/serving)		
Food	Serving Size	Mg/Serving
Roasted Ham	3 oz	348
Dungeness Crab	3 oz	347
Dried Apricots	½ cup	755
Banana	1 med (7"-8")	422
Butternut Squash	1 cup cubed	398
Cucumber, Raw	1 large (8¼")	442
1% milk	8 fl oz	366
Low Fat Vanilla Yogurt	8 oz	497
Oat Bran Muffin	4.9 oz	705
BBQ Potato Chips	1 oz	353



Sodium

What is Sodium?

Sodium is a mineral that the body uses to contract muscles and send nerve impulses. Sodium is also important for controlling body fluid balance.

Why Should Sodium be Limited in Dialysis?

With renal failure, the kidneys may have difficulty regulating body water, which leads to water retention. To prevent water retention, many dialysis patients have to restrict their fluid intake. Excess sodium in the diet can also cause fluid retention. Sodium should be restricted when fluids are also restricted. This can help prevent fluid retention and hypertension. Sodium also increases thirst, which is highly uncomfortable for patients with fluid restrictions, and should therefore be restricted.

Low Sodium Foods (<100 mg/serving)			Medium Sodium Foods (100-250 mg/serving)		
Food	Serving Size	Mg/Serving	Food	Serving Size	Mg/Serving
Broiled Lamb Rib	3 oz	65	Beef Lunch Meat	0.7 oz	235
Hard Boiled Egg	1 egg	62	Reduced Sodium Pork Salami	1 oz	174
Watermelon	1 cup	2	Raspberry Pop-Tart	1 pastry	211
Strawberries	1 cup	1	Mammy Apple	1 medium	127
Broccoli	1 cup	30	Tomato Paste, Canned	6 oz	167
Snow Peas	1 cup	3	French Fries	10 pieces	166
Sweetened Condensed Milk	1 fl oz	48	Whole Plain Yogurt	8 oz	104
Whole Milk 3.25% fat	8 fl oz	98	Non-Fat Plain Yogurt	8 oz	175
Corn Tortilla	1 medium	11	English Muffin	2 oz	242
Enriched Spaghetti, dry	2 oz	3	Triscuit	1 oz	180

High Sodium Foods (>250 mg/serving)		
Food	Serving Size	Mg/Serving
Grilled Canadian Bacon	2 slices	727
Beef Sausage	1.5 oz	486
Dutch Apple Pie	4.8 oz	274
Instant Banana Pudding	½ cup	414
Sauerkraut	1 cup	939
Canned Kidney Beans	1 cup	758
American Cheese	1 oz	417
Cottage Cheese 1% Fat	1 cup	918
Cinnamon Raisin Bagel	3.7 oz	338
Seasoned Croutons	1 cup	495

