

Hidden Phosphorus in the Diet

- Limit high phosphorus foods such as dairy, whole grains, dry beans, nuts and colas
- Most people are not aware of the sources of phosphorus additives in foods
- Convenience foods, ready to eat and processed foods frequently contain phosphorus additives
- Read ingredient labels to find phosphorus additives such as:

Dicalcium phosphate
Disodium phosphate
Monocalcium phosphate
Monosodium phosphate
Potassium triphosphate
Pyrophosphate
Sodium acid pyrophosphate
Sodium aluminum phosphate
Sodium hexametaphosphate
Sodium phosphate
Sodium triphosphate
Tetrasodium pyrophosphate
Tricalcium phosphate
Trisodium triphosphate