



Texas Children's Hospital

Caring for Your Child's Health

Phosphorus Controlled Diet

Phosphorus is a mineral that comes mainly from animal foods, especially dairy products. Some plant foods also have a lot of phosphorus. Phosphorus is a mineral found in abundance in the body, mostly in bones and teeth. The kidneys help to control the amount of phosphorus in your body. In kidney disease there can be too much phosphorus in your

blood, which can cause your bones to become weak and brittle. Consequently, poor growth may result. For this reason, you need to control the amount of phosphorus-containing foods in your diet. An oral phosphate binder may also be prescribed. A dietitian will help you plan your diet with your food preferences in mind.

Foods	Foods to use	Foods to avoid
Milk and milk products	Limit to 1/2 cup per day: milk, yogurt, ice cream, pudding, custard, milk shakes, chocolate milk; non-dairy creamer; sour cream	> 1/2 cup per day: milk, yogurt, ice cream, pudding, custard, milk shakes, chocolate milk, cream soups with milk, eggnog
Formula/supplements	Similac PM 60/40, Suplena, Nepro	All other formulas/supplements
Meat, poultry, fish, eggs	Beef, veal, pork, lamb, eggs, fish, chicken, turkey	Liver, salmon, organ meats, bass, mackerel, sardines, tuna casserole with cheese, lobster, oysters
Legumes and peanut butter	<1 Tbsp. peanut butter; <1/2 cup dried cooked beans and peas such as kidney, pinto, navy, lima, blackeyed, red, black, lentils; nuts of any kind; seeds of any kind	Tofu and soybeans, dried cooked beans and peas such as kidney, pinto, navy, lima, blackeyed, red, black, lentils; nuts of any kind; seeds of any kind; >1 Tbsp. peanut butter
Cheese	Cream cheese; Limit 1 oz. per day: American, cheddar, Swiss, mozzarella, Colby, Monterrey Jack, cottage, provolone, ricotta	>1 oz. per day: American, cheddar, Swiss, mozzarella, Colby, Monterrey Jack, cottage, provolone, ricotta
Soups	Soups containing allowed foods	Creamed soups or soups made with milk, beans, or cheese
Breads	White bread, rye bread, white rolls, graham crackers	Wheat germ, whole wheat bread, whole grain breads, bran and whole grain containing products, cornbread, brown rice, buckwheat pancakes
Cereals	Rice or corn cereals	Bran, wheat or whole grain containing cereals, cereals with dried fruit, oatmeal, shredded wheat

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Foods	Foods to use	Foods to avoid
Starches 	White rice, pastas made with refined flour, baked potatoes, mashed potatoes made without milk, sweet potatoes	Brown rice, whole wheat pastas, mashed potatoes made with milk
Fruits and fruit juices <i>Include one serving of a vitamin C rich fruit or juice daily.</i>	All fruits, fresh and canned	Dried fruits, raisins and dates
Vegetables and vegetables juices <i>Eat a variety of vegetables daily. Include some dark green and yellow vegetables, which are a good source of vitamin A.</i>	All except those listed in foods to avoid	Mushrooms
Desserts and sweets <i>Allowed desserts and sweets should be given in moderation.</i>	Desserts made with refined flour & allowed fruits; graham crackers, sandwich cookies, shortbread cookies, vanilla wafers, sugar cookies or wafers, butter cookies; angel food cake, vanilla cake, pound cake, apple pie, berry pie, cherry pie, peach pie; gelatin, sherbet, fruit ice, popsicles, sorbet; candy corn, gumdrops, hard candy, jelly beans, Lifesavers, marshmallows, fruit roll-ups or chews, fruit snacks, butter mints; non-dairy frozen topping	Desserts made with: chocolate, cocoa, nuts, dried fruits, and excessive milk such as puddings, flan, tres leches cake, caramel; ice cream, any candy made with chocolate, caramel, or nuts
Fats	Butter, margarine, oils, bacon, salad dressings	Nuts, avocado, coconut, almonds, walnuts, pecans, seeds
Beverages	Non-cola type carbonated beverages, grape soda, ginger ale, root beer, sports or energy drinks, fruit flavored drinks, tea	Cola type beverages (diet and regular), powdered fruit beverage mixes, drinks made with milk
Miscellaneous	Herbs, spices, non-dairy creamer and whips, honey, jam, jelly	Cocoa, brewer's yeast, molasses
Label terms		Calcium phosphate, dicalcium phosphate, disodium phosphate, ferric orthophosphate, monocalcium phosphate, phosphoric acid, potassium phosphate, sodium acid pyrophosphate, sodium aluminum phosphate, sodium hexametaphosphate, sodium phosphate, sodium tripolyphosphate, tricalcium phosphate, tripotassium phosphate

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Sampler toddler menu		
Breakfast	Lunch	Dinner
1 scrambled egg 1/4 cup corn flakes 1/2 slice white toast 1 tsp. jelly 1 tsp. margarine or butter 4 oz. whole milk	1/2 turkey sandwich (1oz.) 2 tsp. mayonnaise 1/4 cup green beans 1/2 cup peaches, canned in light syrup 3 vanilla wafers 4 oz. apple juice	1 oz. baked chicken, chopped 1/3 cup white rice 1/4 cup green peas 1 tsp. margarine 1/2 cup pears, canned in light syrup 1 oz. fruit chews 4 oz. grape juice
Snack	Snack	NUTRIENT ANALYSIS
2 graham crackers 4 oz. cranberry juice	10 animal crackers 1/4 cup applesauce	Protein 37 g Carbohydrate 198 g Fat 42 g Energy 1297 kcal Phosphorus 488 mg
Sample school-age menu		
Breakfast	Lunch	Dinner
1 scrambled egg 1 cup corn flakes 1 slice white toast 1 tsp. jelly 1 tsp. margarine or butter 4 oz. milk 6 oz. cranberry juice	3 oz. hamburger patty 1 hamburger bun 1 Tbsp. mayonnaise 1 slice lettuce/tomato 8 baby carrots 3 sugar cookies 8 oz. lemonade	3 oz. baked chicken 1/2 cup white rice 1/2 cup green beans 1 white dinner roll 2 tsp margarine or butter 1/2 cup strawberries 2 Tbsp. whipped topping 12 oz. Sprite
Snack	Snack	NUTRIENT ANALYSIS
1/2 cup peaches, canned in light syrup 3 graham crackers	1/2 cup pear halves, canned in juice 4 oz. apple juice	Protein 64 g Carbohydrate 316 g Fat 72 g Energy 2145 kcal Phosphorus 780 mg
Sample Adolescent Menu		
Breakfast	Lunch	Dinner
1 scrambled egg 1 cup corn flakes 2 slices white toast 1 Tbsp. jelly 1 Tbsp. margarine or butter 4 oz. milk 4 oz. cranberry juice	3 oz. hamburger patty 1 hamburger bun 1 Tbsp. mayonnaise 1 slice lettuce/tomato 8 baby carrots 3 sugar cookies 12 oz. orange soda	3 oz. baked chicken 1 cup white rice 1/2 cup green beans 1 cup lettuce salad 2 Tbsp. oil & vinegar dressing 1 white dinner roll 1 Tbsp. margarine or butter 3/4 cup strawberries 3 Tbsp. whipped topping 12 oz. Sprite
Snack	Snack	NUTRIENT ANALYSIS
1/2 cup canned peaches 4 graham crackers 8 oz. lemonade	1/2 cup pear halves 1 fruit roll-up 4 oz. apple juice	Protein 71 g Carbohydrate 420 g Fat 105 g Energy 2863 kcal Phosphorus 833 mg



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Developed by the Department of Food and Nutrition Services.

Texas Children's Hospital is committed to a community of healthy children by providing the finest possible pediatric care, education and research.

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