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 tripolyphosphate
  - Pyrophosphate
  - Sodium acid pyrophosphate
  - Sodium aluminum phosphate
  - Sodium hexametaphosphate
  - Sodium phosphate
  - Sodium triphosphate
  - Tetrasodium pyrophosphate
  - Tricalcium phosphate
  - Trisodium triphosphate

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