



Patient & Family Guide

2022

# High Phosphorus Foods to Eat After Your Kidney Transplant



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# High Phosphorus Foods to Eat After Your Kidney Transplant

- Phosphorus is a mineral found in your body. When your kidneys are working well, they keep your phosphorus at a healthy level. This is good for your bones.
- Sometimes after a kidney transplant your phosphorus level can be low. A good way to increase your phosphorus level is by eating foods high in phosphorus. Your doctors may also need to prescribe a medication.
- Phosphate (a form of phosphorus) **added in processing** is 100 % absorbed by your body.
- Phosphate **found naturally** in foods is 60 to 70 % absorbed by your body.

The following foods are high in phosphorus:

- Dairy products
  - › Cheese
  - › Chocolate milk
  - › Cottage cheese
  - › Custard
  - › Ice cream
  - › Milk
  - › Pudding
  - › Whey protein
  - › Yogurt

Choose low fat options.

- Nuts, peanut or other nut butters

- Seeds
  - › Chia
  - › Flax
  - › Hemp
- Beans (**except** green and yellow beans), lentils, soy milk, hummus
- Grains
  - › Amaranth
  - › Brown rice
  - › Cornmeal
  - › Oat bran
  - › Oats
  - › Quinoa
  - › Wheat germ
- Breads
  - › Dark rye
  - › Pumpernickel
  - › Whole wheat
- Whole wheat pasta
- Whole grain cereals
  - › All-Bran<sup>®</sup>
  - › Granola
  - › Kellogg's Raisin Bran<sup>®</sup>
  - › Natural bran
  - › Post<sup>®</sup> Bran Flakes
- Tea biscuits, homemade pancakes and muffins (use self-rising flour or baking powder, as they are high in phosphorus)
- Vegetables
  - › Alfalfa sprouts
  - › Artichokes
  - › Bean sprouts
  - › Corn
  - › Edamame
  - › Parsnips
  - › Peas

- Meat
  - › Beef
  - › Chicken
  - › Pork
- Meat alternatives
  - › Egg yolks
  - › Tofu
- Seafood
  - › Calamari
  - › Canned salmon with bones
  - › Carp
  - › Clams
  - › Crab
  - › Sardines
  - › Scallops
  - › Shrimp
- Chocolate (dark is best), hot chocolate

**Looking for more health information?**

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

*Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

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*Prepared by: Post-Kidney Transplant Clinic*

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.