



Phosphorus Additives

Phosphate additives are used to preserve food. They do not occur naturally. They are easily absorbed and can lead to high phosphorus in the blood.

Why should you limit phosphorus? High levels of phosphorus in your blood can lead to problems with the heart, blood vessels, bones, and the whole body.

How can you tell if a food has phosphorus additives? You can find “phos” additives by looking at the ingredient list. It is found at the bottom of the Nutrition Facts label. Common “phos” additives include:

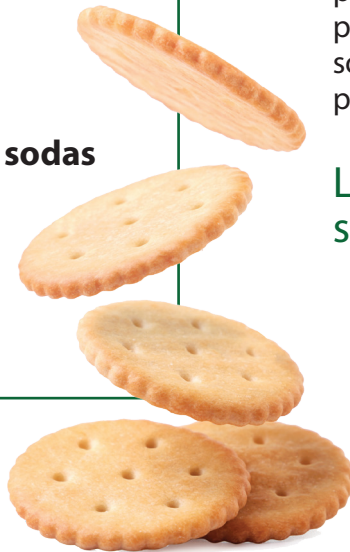
- Calcium **phosphate**
- Potassium **phosphate**
- Magnesium **phosphate**
- **Phosphoric acid**
- Sodium hexamet**phosphate**
- Sodium tripoly**phosphate**
- Tetrasodium pyro**phosphate**
- SAPP

| Nutrition Facts | |
|---|-----------------------|
| Serving Size 3 oz. (85g) Serving Per Container 2 | |
| Amount Per Serving | |
| Calories 200 | Calories from Fat 120 |
| % Daily Value* | |
| Total Fat 15g | 20 % |
| Saturated Fat 5g | 28 % |
| Trans Fat 3g | |
| Cholesterol 30mg | 10 % |
| Sodium 650mg | 28 % |
| Total Carbohydrate 30g | 10 % |
| Dietary Fiber 0g | 0 % |
| Sugars 5g | |
| Protein 5g | |
| Vitamin A 5% | Vitamin C 2% |
| Calcium 15% | Iron 1% |
| INGREDIENTS: SUGAR, CORN FLOUR, NONFAT MILK, WHEY, PARTIALLY HYDROGENATED SOYBEAN OIL, SALT, COCOA PROCESSED WITH ALKALI, SUGAR, CORN SYRUP, FOOD STARCH-MODIFIED, HEXAMETAPHOSPHATE, ARTIFICIAL AND NATURAL FLAVORS | |



These foods may have added phos:

- Crackers
- Breakfast/cereal bars
- Fast food
- Energy drinks
- Lunch meat
- Sausage/ham
- Baked goods
- Cola and other dark sodas
- Flavored water
- Bottled iced tea
- Spreadable cheeses



Look for swaps

If you find “phos” in an ingredient list, look at other brands. You may find one without added phos. Aim to eat more fresh whole foods. Talk to your registered dietitian for more ideas.

Where are phos additives on packaged food labels?

Look at the ingredients list for words such as potassium phosphate, magnesium phosphate, phosphoric acid, sodium hexametaphosphate, sodium tripolyphosphate, tetrasodium pyrophosphate, and SAPP.

Look for less processed foods with shorter ingredient lists.



Does this ingredients list have added phosphorus?

INGREDIENTS

Enriched Flour (Wheat flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Peanut Butter (Roasted Peanuts), Vegetable Oil (contains one or more of the following: Soybean Oil, Palm Oil, Canola Oil), Dextrose, Sugar, Salt, Leavening (Sodium Bicarbonate, Monocalcium Phosphate, Ammonium Bicarbonate), Corn Syrup, Deproteinized Dairy Whey, Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Yellow 6, Soy Lecithin.