

On the LOOKOUT for Phosphate Additives

Foods that are likely to have phosphate additives include:

- Frozen meals
- Processed or spreadable cheese
- Instant products (*Bars, Cereals*)
- Nondairy creamer
- Refrigerated bakery products
- Enhanced meats like:
 - ❖ Ham
 - ❖ Sausage
 - ❖ Chicken nuggets
 - ❖ Bacon



PHOSPHATE

Phosphate additives may be to blame for your high phos levels every month. Bring your phosphate levels down and feel better by finding and eliminating phos additives in your food.

Check the ingredient list for Phosphate additives

- Dicalcium phosphate
- Disodium phosphate
- Monosodium phosphate
- Sodium hexameta-phosphate
- Trisodium phosphate
- Sodium tripolyphosphate
- Tetrasodium pyrophosphate
- Phosphoric acid

Your dietitian can help you find **phos-additive free** substitutions.

Word Search Puzzle

High Phosphorous Foods

Nuts	Pizza	Frozen waffles	Preseasoned meat
Nondairy creamer	Fish sticks	Snack bars	Cereal
Iced tea	Bacon	Pancake mix	Chicken Nuggets
Cake Mix	Sausage	Cola	Ham

L	H	K	K	V	U	J	K	V	W	T	S	B	U	U	D	E	X	O	H	J	P	X	P
V	N	O	N	D	A	I	R	Y	C	R	E	A	M	E	R	R	Q	T	J	H	E	F	S
Y	E	R	O	T	B	Q	N	Q	J	K	S	D	A	Z	Z	I	P	G	M	O	U	R	R
L	H	R	G	S	J	Y	B	M	T	M	T	A	L	O	C	W	G	D	S	R	I	C	Q
Y	U	D	N	Y	Q	A	P	I	J	W	N	Q	A	P	O	Z	Q	K	Y	T	Z	R	J
U	U	G	F	W	I	D	Y	R	O	T	U	G	Q	X	S	G	V	U	W	K	U	T	O
M	A	H	G	U	D	U	I	M	O	F	B	B	I	M	L	D	K	N	A	S	I	N	V
E	X	J	J	O	P	R	E	S	E	A	S	O	N	E	D	M	E	A	T	Q	S	U	L
A	M	Y	P	U	E	G	I	B	U	C	S	N	O	C	A	B	S	E	R	S	U	A	I
Z	S	W	R	O	Z	P	A	B	A	S	J	E	N	X	S	J	G	J	L	H	L	B	O
V	T	P	E	Y	X	Y	H	K	U	E	S	X	L	K	H	G	C	Y	G	H	C	C	S
U	J	I	Y	L	C	G	E	P	U	A	D	F	C	F	U	O	P	N	Z	E	O	Y	G
T	Q	D	G	E	Q	M	I	H	K	T	X	I	M	N	F	R	B	P	Y	U	O	L	T
J	U	E	R	U	I	C	M	F	R	S	T	P	N	E	O	A	C	Q	V	V	W	W	V
Q	J	E	X	X	E	K	I	E	U	S	A	E	T	T	N	T	W	L	O	Y	S	T	E
Y	A	S	X	D	P	Z	Y	D	H	F	K	C	I	F	R	N	K	N	J	X	C	M	V
L	L	F	T	G	S	G	L	S	W	C	J	Q	L	P	R	J	U	K	E	J	K	M	F
I	C	E	H	X	P	V	I	P	I	P	A	N	C	A	K	E	M	I	X	Z	Y	I	Y
H	A	U	D	A	W	F	N	H	G	I	V	N	H	F	I	X	L	Q	R	H	O	X	B
T	Q	A	D	E	X	S	C	A	D	H	W	N	W	W	C	P	M	L	A	T	C	R	Y
L	C	W	I	C	S	N	A	C	K	B	A	R	S	R	I	W	J	L	I	D	P	H	F
D	Z	J	G	N	I	B	X	W	R	F	A	M	P	R	T	G	D	C	T	M	N	E	Y
V	E	G	A	S	U	A	S	Z	Y	U	A	I	X	I	F	U	Y	X	M	R	L	Z	T
N	D	H	H	G	Q	A	L	T	K	H	X	G	C	Y	X	Y	S	C	W	H	X	T	Z

Always check with your dietitian for healthy foods to add into your diet.



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