

# 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

Nondairy creamer

Iced tea

Cake Mix

Pizza

Fish sticks

Bacon

Sausage

Frozen waffles

Snack bars

Pancake mix

Cola

Preseasoned meat

Cereal

Chicken Nuggets

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.



Follow us on Instagram for more tips @PatientCareAmerica

