

Essential Tips for Phosphorous Control in Kidney Disease

This is a recorded webinar

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Welcome

- Thank you for joining the DPC Education Center webinar to learn more about nutrition and phosphorous management.
- This program is for your information, and you will need to talk to your health care team about your specific situation.
- Please complete the brief feedback form at the end of the program which also provides a way to suggest additional topics for the future.



Presenter



- ▶ María Eugenia Rodríguez, MS, RD, CSR
- ▶ Live in Puerto Rico
- ▶ Board Certified Specialist in Renal Nutrition since 2014
- ▶ Have worked with
 - ▶ dialysis patients since 2009
 - ▶ early CKD in private practice since 2013
- ▶ Founder of ME Nutrition Services, PSC

<https://nutricionrenalpr.com>

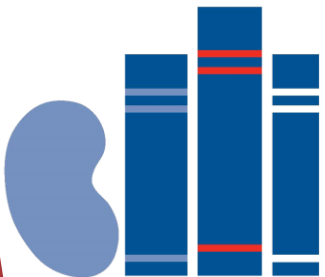


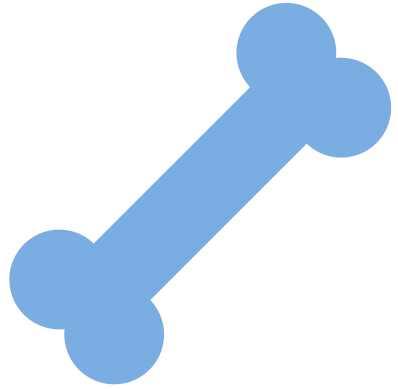
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Objectives

- ▶ Explain the importance of maintaining optimal phosphorous levels to prevent complications
- ▶ Provide practical guidance on how to implement a low phosphorous diet
- ▶ Strategies to be adherant with phosphate binders





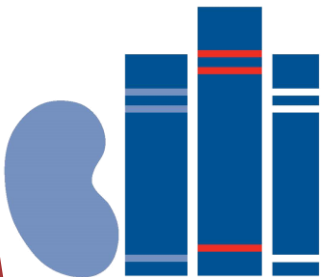
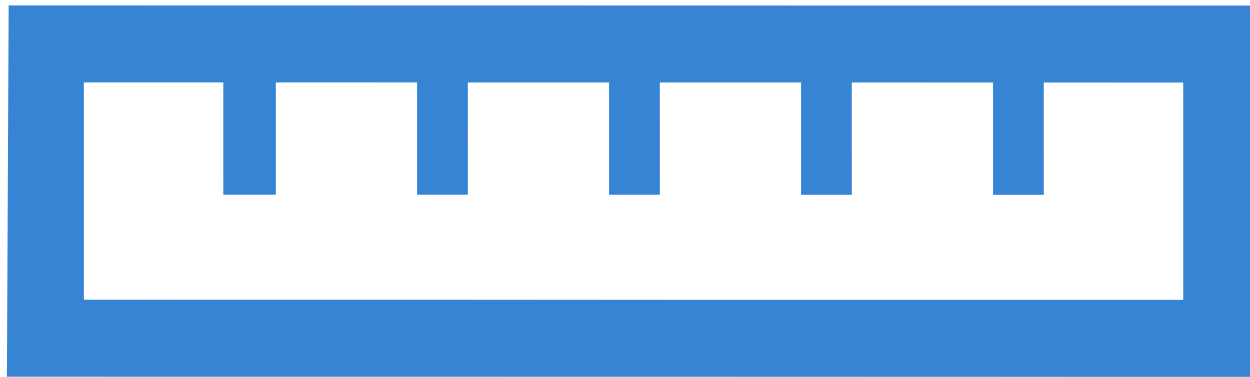
What is Phosphorous?

- ▶ Essential mineral
 - ▶ 85% of phosphorous is in bones
- ▶ Play a crucial part in bone and teeth formation
- ▶ Help produce energy
- ▶ Help maintain acid-base balance



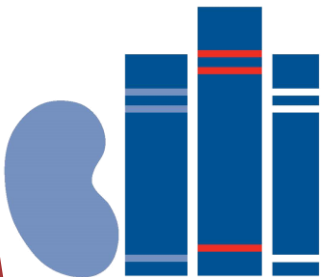
Normal Phosphorous Range in Blood Stages 3-5D

3.0 - 4.5 mg/dL



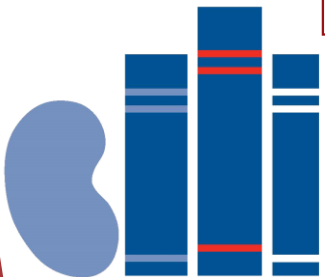
Complications of Hyperphosphatemia

- ▶ Bone disease
- ▶ Osteomalacia
- ▶ Fractures
- ▶ Bone pain
- ▶ Itching
- ▶ Vascular calcifications
- ▶ Atherosclerosis
- ▶ Heart Disease



KDOQI 2020

In adults with CKD 3-5D, it is recommended to adjust phosphorous intake to maintain blood phosphorous levels within the normal range(1B).



Hyperphosphatemia Management

- ▶ Evaluate your phosphorous intake

Plants



40-50%

Animals

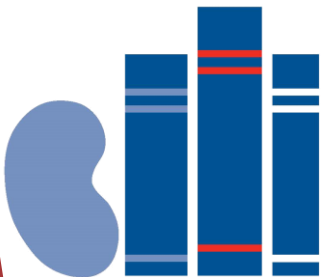


60-80%

Aditives



> 90%



Where are phosphate additives?

Absorbed
> 90%

Baking
Powder

Pancake,
cake, donuts,
mixes

Colas

Cooked &
dry cereal

Cheese

Processed
meats

Dry drink
mixes

Egg products

Meat,
Poultry, Fish,
Seafood

Non-dairy
creamer

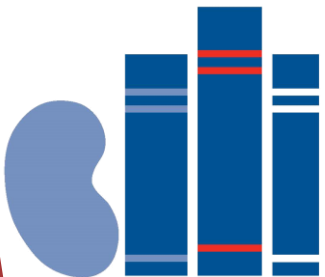
Milk
substitutes

Orange juice

Pasta
products

Pudding

Bread &
Dough





*FAT CONTENT HAS BEEN REDUCED FROM 8g TO 2.5g PER SERVING
 **SODIUM CONTENT REDUCED FROM 180mg TO 105mg

Nutrition Facts

Serving Size 2 slices (18g)
 Servings Per Container about 9

Amount Per Serving
Calories 30 Calories from Fat 20

	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 105mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 3g	6%

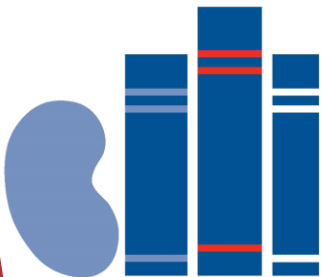
Not a significant source of vitamin A, vitamin C, calcium, and iron.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: POULTRY INGREDIENTS (TURKEY, MECHANICALLY SEPARATED TURKEY), WATER, SUGAR, CONTAINS 2% OR LESS OF SMOKE FLAVORING, SALT, CANOLA OIL, SUNFLOWER OIL, POTASSIUM CHLORIDE, SODIUM ERYTHROBATE, SODIUM NITRITE, SODIUM PHOSPHATE, NATURAL FLAVORING. CONTAINS NO PORK. GLUTEN FREE.

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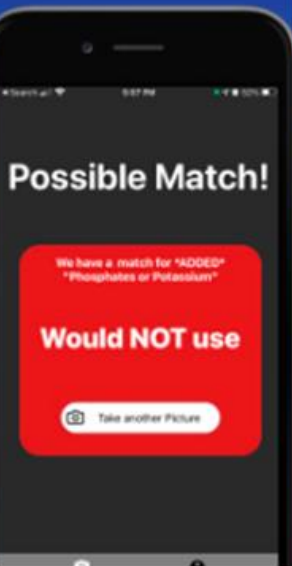




PhosFilter

by Lorelei Nutrition LLC

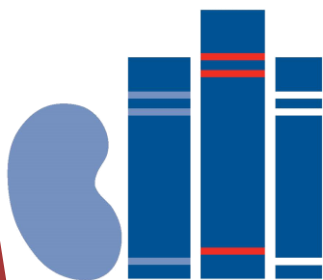
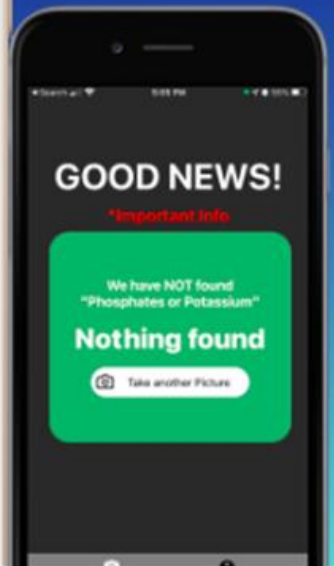
Easy To Understand Warning



Take a Picture of ingredients



Quickly Identify Nothing Found



1 oz meat = 70 mg
1 large egg = 86 mg
3 oz = 210 mg
6 oz = 420 mg

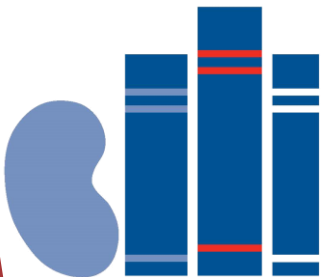
Animal Protein

Absorbed
60-80%

Dairy

1 oz cheese
& 4 oz milk = 115 mg
4 oz nonfat plain
yogurt = 178 mg

Main Sources of Phosphorous



Absorbed
40-50%

½ cup lentils = 178 mg
½ cup chickpeas = 138 mg
½ cup black beans = 120 mg
4 ounces tofu = 183 mg

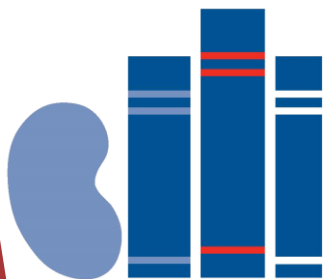
Whole Grains

½ cup quinoa = 141 mg
½ cup cooked oats = 90 mg
1 slice whole wheat bread = 76 mg
½ cup brown rice = 75 mg

Beans

Nuts & Seeds

2 TBSP chia seeds = 172 mg
¼ cup almonds = 136 mg
2 TBSP peanut butter = 107 mg
¼ cup pecans/walnuts = 80-100 mg



Main Sources of Phosphorous

Beer

12 ounces = 50 mg

Chocolate

1 ounce milk chocolate = 59 mg

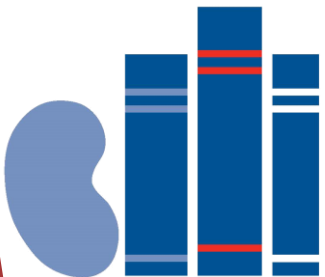
1 Tbsp unsweetened cocoa powder = 40 mg

½ cup chocolate ice cream = 117 mg

Condensed and Evaporated Milk

4 ounces condensed milk = 287 mg

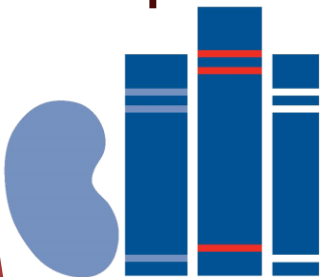
4 ounces evaporated milk = 230 mg



Main Sources of Phosphorous

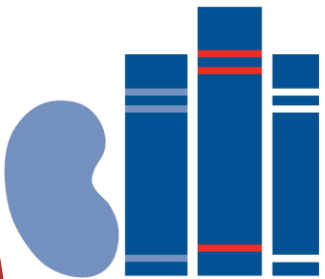
Hyperphosphatemia Management

- ▶ Avoid foods and beverages with phosphate additives
 - ▶ Look for substitutes or consider making at home
- ▶ Boil meats and discard water. This can reduce phosphorous content by 50%. You can also use a pressure cooker.



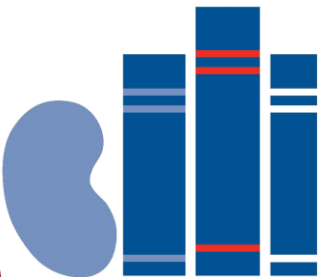
Hyperphosphatemia Management

- ▶ Prefer fewer processed foods and “fast foods”
- ▶ Cook more at home
- ▶ Be conscious of the portion of animal protein and dairy products you eat

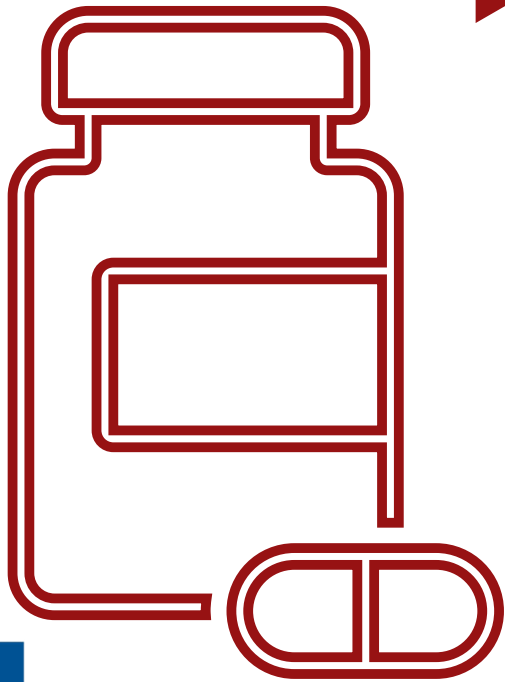


Hyperphosphatemia Management

- ▶ Include more plants (without added phosphates):
whole grains, nuts, seeds, legumes, fruits and
vegetables
- ▶ Avoid constipation
- ▶ Avoid multivitamins

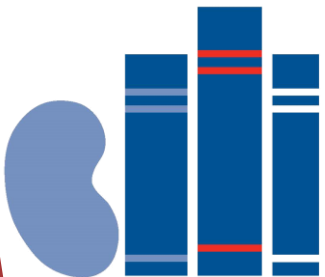


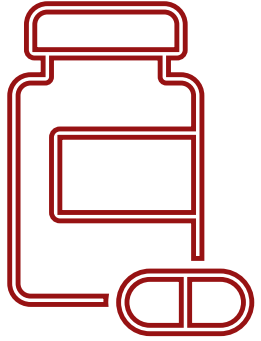
Hyperphosphatemia Management



- ▶ Phosphate Binders

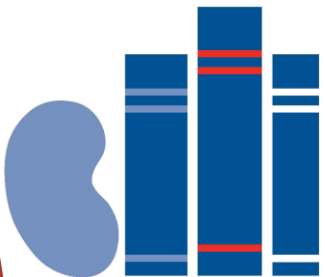
- ▶ Calcium based
- ▶ Non-calcium based
- ▶ Iron based

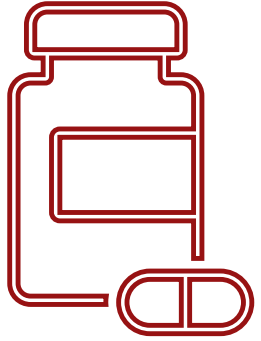




Hyperphosphatemia Management

- ▶ Know your phosphate binders
- ▶ Have binders accessible every time you eat, including snack time
- ▶ Take binders when leaving the house



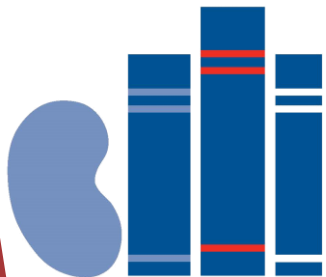


Hyperphosphatemia Management

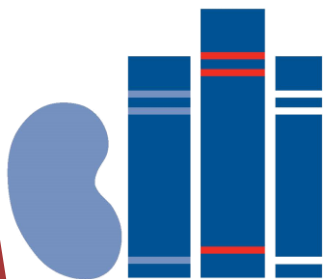
- ▶ Talk to your medical team if you cannot tolerate them
- ▶ Inform in advance before you run out
- ▶ Communicate with your medical team if you have problems with getting binders approved by insurance or have difficulty affording it



Hyperphosphatemia Management

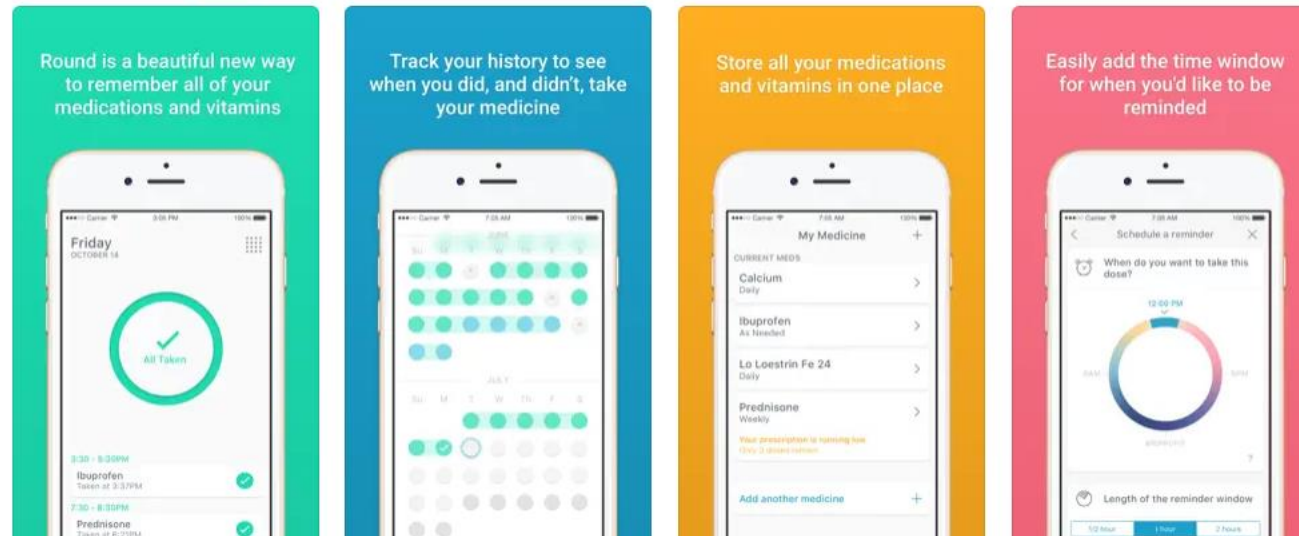


Hyperphosphatemia Management

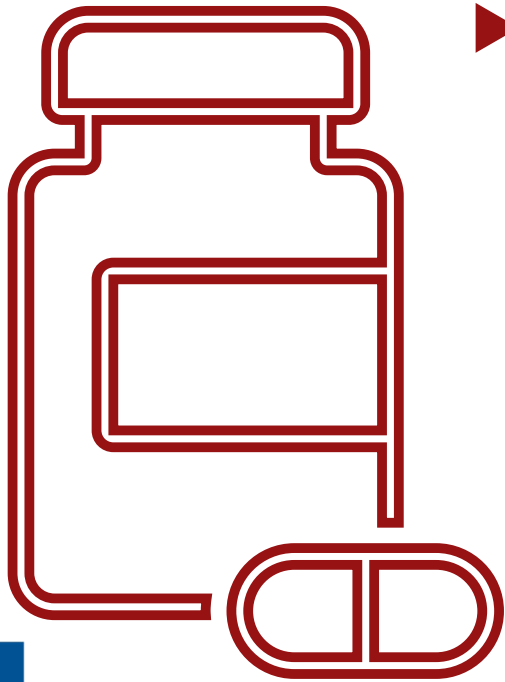


Round Health 12+
Medicine & Pill Reminder
Circadian Design
Designed for iPhone
★★★★★ 4.5 • 14.3K Ratings
Free

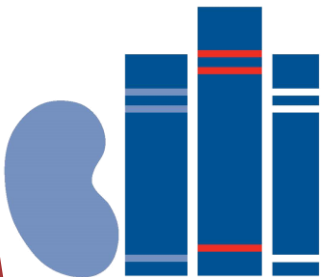
Screenshots [iPhone](#) [Apple Watch](#)



Hyperphosphatemia Management



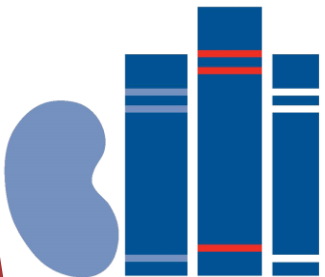
- ▶ Control iPTH
 - ▶ Normal: 10-65 pg/mL
 - ▶ CKD: 130-585 pg/mL



Self-Management

The ability of a person to effectively manage their own activities, responsibilities, and goals without the need for constant external supervision.

- ▶ Setting personal goals
- ▶ Planning and organizing
- ▶ Self-discipline
- ▶ Self-assessment
- ▶ Adaptation



**Final Reflection:
Know and Connect
with YOUR why**



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