

How to Find Hidden Phosphorus

Phosphorus can be hidden as additives in foods and beverages where you may not expect it. Phosphorus from additives are more easily absorbed than the phosphorus from natural food sources and tend to raise phosphorus level in the blood.

Steps to Avoid Phosphorus Additives:

1. Locate the ingredients list on the package.
2. Review the ingredients for phosphate additives.
3. Try choosing foods that do not have additives.



Examples of Phosphate Additives:

- Phosphoric Acid
- Pyrophosphates
- Hexametaphosphate
- Monocalcium Phosphate
- Sodium Polyphosphate
- Sodium Triphosphate



Find the “PHOS”

Can you find the phosphate additives in this ingredients list?

(Hint: There are two.)

Answer:

1. Sodium Acid Pyrophosphate
2. Monocalcium Phosphate

INGREDIENTS: SUGAR, RICE FLOUR, CORNSTARCH, SOY FLOUR, BAKING POWDER (CONTAINS SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, AND MONOCALCIUM PHOSPHATE) GLUTEN-FREE NATURAL FLAVOR, SALT, XANTHAN GUM & GUAR GUM

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