

High Phosphorus Food Word Search:

What is phosphorus in your blood?

Phosphorus is a hard mineral that builds up in your blood because your kidneys no longer get rid of it.

What will high phosphorus do to me?

High phosphorus levels greater than 5.5mg/dL in your blood for long periods of time will damage your heart and bones.

How do I keep my blood phosphorus low?

Eat the high phosphorus foods in the word search you like only 1 time a month, take your binder medication, and work with your dietitian.

What is a binder medication?

Binder medications bind phosphorus in your food when it gets to the stomach to keep the phosphorus from building up in your blood.

What is the name of the binder medication you take? _____

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

BISCUITS
CALCIUM CARBONATE
CHEESE
CHOCOLATE
COLA
CREAM SOUP

DRIED BEANS
FOSRENOL
HOT DOGS
ICE CREAM
LIVER
MACARONI

MILK
NUTS
ORGAN MEAT
PANCAKES
PEANUT BUTTER
PEAS
PHOSLO

PIZZA
PORK AND BEANS
PUDDING
RENAGEL
SAUSAGE
YOGURT