Hidden Phosphorus In Your Diet

What is Hidden Phosphorus?
• The food industry is adding phosphorus to foods that never had phosphorus before. The added phosphorus is called phosphate additives.
• Phosphorus additives are a problem because they can increase the phosphorus in your blood to very high levels.

Why are Phosphorus Additives Added to Food?
• It helps keep foods creamy, and prevent lumps
• It helps change or improve the flavour and texture of foods
• It keeps foods fresh for a longer amount of time

How to Find Hidden Phosphorus Using the Ingredient List?
• The ingredient list contains a list of all the ingredients in a food, and it is often found close to the nutrition facts table.
• Always look for obvious (natural) sources of phosphorus in the ingredients, such as milk, dairy products, nuts, cocoa or whole grains.

Common Phosphorus Additives to Look for in the Ingredient List

<table>
<thead>
<tr>
<th>Phosphoric Acid</th>
<th>Sodium Polyphosphate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pyrophosphate</td>
<td>Sodium Tripolyphosphate</td>
</tr>
<tr>
<td>Polyposphate</td>
<td>Tricalcium Phosphate</td>
</tr>
<tr>
<td>Hexametaphosphate</td>
<td>Trisodium Phosphate</td>
</tr>
<tr>
<td>Dicalcium Phosphate</td>
<td>Sodium Phosphate</td>
</tr>
<tr>
<td>Monocalcium Phosphate</td>
<td>Tetrasodium Phosphate</td>
</tr>
<tr>
<td>Aluminum Phosphate</td>
<td>Trisodium Triphosphate</td>
</tr>
</tbody>
</table>
How to Find Hidden Phosphorus Using the Ingredient List?

Search for the letters PHOS in the ingredient list

Example of ingredient list for Chicken Nuggets:
Chicken breast, water soy protein isolate, salt, garlic powder, spices. In a breading of: toasted wheat crumbs, water, wheat flour, yellow corn flour, corn starch, salt sugar, modified palm oil, modified milk ingredients, spices, baking powder, sodium aluminum phosphate, onion powder, chicken fat, dextrose, dehydrated parsley.

- The ingredient list above contains one phosphorus additive: sodium aluminum phosphate

What are Common Foods with Phosphate Additives?
- Processed meat or chicken products, like chicken nuggets or hot dogs
- Luncheon meats
- Frozen Dinners
- Processed and spreadable cheeses
- Instant products like puddings, jellies, sauces
- Quick cooking cereals, such as instant oatmeal
- Ready-to-bake bakery products or dough
- Baking powder
- Cake and waffle mixes
- Flavoured waters
- Drinks in plastic bottle
- Cola drinks

To help control your phosphate levels, Limit or Avoid foods that contain Phosphorus Additives