

Phosphorus Olympics



Take the Phosphorus Challenge

Phosphorus Olympics

- Research demonstrates people living with kidney disease are more likely to adhere to therapeutic diets if they have:
 - Positive attitude about compliance
 - Supportive environment
 - Adequate knowledge

(Journal of Renal Nutrition, Vol 14, No 1 (January), 2004: pp 36-44.)



Goals

1. Incorporate new strategies to motivate individuals
2. Provide person-focused education that will reinforce self- management principles
3. Learn how to better control phosphorus levels through managing diet & medications
4. Improve knowledge & phosphate control while having fun!



Concept

1. Recruitment
2. Eight consecutive weeks of quizzes
3. Summary table to track participants results
4. Participants who have completed all quizzes & who have the highest score at each site win prize
 - Gold \$100.00 gift certificate
 - Silver \$75.00 gift certificate
 - Bronze \$50.00 gift certificate



Eight Quizzes

1. Eating out: choosing low phosphorus foods
2. “Restaurant Row”
3. How much do you know about your phosphorus binders?
4. Phosphorus Elimination Quiz
5. Chef’s Switch Quiz
6. Inspection Detection
7. Uncovering Hidden Phosphorus
8. Phosphate Additive Word Search



Format



- All participants will receive:
 1. Certificate of participation
 2. Break down of their score & total score
 3. Graph of their phosphorus trends before and after taking the quiz



Question for the Future

Does self-management education improve health outcomes of clients with chronic conditions?



Davita: Inspection Detection

- 1. Which one is highest in phosphorus?
 - a. Enchilada (Tortilla) with beans and rice
 - b. Tuna noodle casserole and corn on the cob
 - c. Grilled chicken, rice and salad
 - d. Broccoli soup with ham and cheese sandwich



1. Which one is highest in phosphorus?

- a. **Enchilada (Tortilla) with beans and rice (940 mg)**
- b. Tuna noodle casserole and corn on the cob (425 mg)
- c. Grilled chicken, rice and salad (275 mg)
- d. Broccoli soup with ham and cheese sandwich (610 mg)



2. Which one is lowest in phosphorus?

- a. 3 tablespoons peanuts
- b. 2 ½ cups popcorn
- c. Thin twists pretzels
- d. 10 unsalted Saltine-Type Crackers



2. Which one is lowest in phosphorus?

- a. 3 tablespoons peanuts (100 mg)
- b. 2 ½ cups popcorn (70 mg)
- c. Thin twists pretzels (35 mg)
- d. **10 unsalted Saltine-Type Crackers (30 mg)**



3. Which one is lowest in phosphorus?

- a. Oatmeal bread
- b. White bread
- c. Whole grain bread
- d. Rye bread



3. Which one is lowest in phosphorus?

- a. Oatmeal bread (42 mg)
- b. **White bread (25 mg)**
- c. Whole grain bread (57 mg)
- d. Rye bread (40 mg)



4. Which one is lowest in phosphorus?

- a. Brie cheese
- b. Soft goat cheese
- c. Processed cheese
- d. Natural cheddar cheese



4. Which one is lowest in phosphorus?

- a. **Brie cheese (54 mg)**
- b. Soft goat cheese (75 mg)
- c. Processed cheese (200 mg)
- d. Natural cheddar cheese (145 mg)



5. Which one is highest in phosphorus?

- a. Beef combo burrito and iced tea
- b. Fried chicken breast, slaw, and orange soda pop
- c. Cheeseburger and milkshake
- d. Chicken nuggets 6-pieces, honey mustard sauce and cola



5. Which one is highest in phosphorus?

- a. Beef combo burrito and iced tea (325 mg)
- b. Fried chicken breast, slaw, and orange soda pop (222 mg)
- c. Cheeseburger and milkshake (670 mg)
- d. Chicken nuggets 6-pieces, honey mustard sauce and cola (290 mg)



6. Which one is lowest in phosphorus?

- a. Italian club submarine sandwich
- b. Bologna and cheese sandwich on white bread
- c. Grilled cheese sandwich
- d. Peanut butter and jelly sandwich



6. Which one is lowest in phosphorus?

- a. Italian club submarine sandwich (490 mg)
- b. Bologna and cheese sandwich on white bread (310 mg)
- c. Grilled cheese sandwich (410 mg)
- d. Peanut butter and jelly sandwich (150 mg)



7. Which one is highest in phosphorus?

- a. Green beans
- b. Mung bean sprouts
- c. Pinto beans
- d. Snow peas



7. Which one is highest in phosphorus?

- a. Green beans (18 mg)
- b. Mung bean sprouts (49 mg)
- c. **Pinto beans (125 mg)**
- d. Snow peas (38 mg)



8. Which one is highest in phosphorus?

- a. Bran muffin
- b. English muffin
- c. Cornbread muffin
- d. Blueberry muffin



8. Which one is highest in phosphorus?

- a. **Bran muffin (160 mg)**
- b. English muffin (50 mg)
- c. Cornbread muffin (70 mg)
- d. Blueberry muffin (90 mg)



9. Which one is lowest in phosphorus?

- a. Non-dairy creamer liquid
- b. Soy milk
- c. 8 oz milk
- d. Unenriched rice milk



9. Which one is lowest in phosphorus?

- a. Non-dairy creamer liquid (112 mg)
- b. Soy milk (134 mg)
- c. 8 oz milk (225 mg)
- d. **Unenriched rice milk (58 mg)**



10. Which one is lowest in phosphorus?

- a. Cheese omelet
- b. Stack of 3 pancakes with maple syrup
- c. 2 cooked eggs, 2 white toast with butter and jam
- d. Bran Flakes cereal with milk and sugar



10. Which one is lowest in phosphorus?

- a. Cheese omelet (470 mg)
- b. Stack of 3 pancakes with maple syrup (320 mg)
- c. 2 cooked eggs, 2 white toast with butter and jam (240 mg)
- d. Bran Flakes cereal with milk and sugar (380 mg)

