

## **Report finds boiling meat can reduce phosphorous content**

Part of a dialysis diet involves eating foods low in phosphorous. A new study suggests that preparing meat in a certain way can reduce phosphorous levels while still retaining protein.

Researchers in Japan experimented with cooking beef, cutting the meat in different ways and switching up the cooking liquid. They found that boiling the meat in a pressure cooker with soft water and discarding the cooking liquid afterward worked the best. Data also suggests using sliced meat, as the high surface area allows the phosphorous to exit easily.

For kidney patients, the National Kidney Foundation suggests a daily intake of 10 to 12 mg of phosphorous per gram of protein. For more information on the dialysis diet, be sure to join our next education call on Thursday, Sept. 24 at 3 p.m.

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