

## Kidney Disease: Controlling your Phosphate with Diabetes

*'This dietary advice sheet provides general information to help you change your diet. If you want more detailed advice or are following other dietary restrictions and need guidance, please ask your doctor to refer you to a registered dietitian'.*

If your phosphate level is high you may need to reduce the amount of phosphate in your diet. You may also be prescribed tablets called phosphate binders to further help control this level, which should be taken as advised. Please contact a dietitian if you are unsure of how or when to take them or if you want further advice about your diabetic diet.

Protein-containing foods are an important part of a balanced diet, but are high in phosphate so we recommend you limit your intake to the amounts detailed below:

Eggs: 4 per week

Milk: 200ml (1/3 pint) per day

Yoghurt: 120g-150g pot 3-4 times per week

Cheese: maximum 180g (6oz) per week

Ice cream: 2 scoops 2-3 times per week

Custard: 150ml (1/4 pint) or Milk pudding: 200g (1/2 tin) 2-3 times per week

These amounts may need to be increased if you are vegetarian or if you have a poor appetite. Please contact a dietitian if this applies to you.

<b>Foods high in phosphate to limit</b>	<b>Lower phosphate options to choose</b>
<p><b>Dairy</b>            Processed cheese spread e.g. Dairylea, Primula, supermarket varieties            Cheese containing nuts, Emmental, Gruyere, Parmesan, cheddars, reduced-fat cheddar, Edam, Gouda, Red Leicester            Condensed and evaporated milks</p>	<p>Brie, Camembert, cottage cheese, cream cheese e.g. Philadelphia, Danish blue, Feta, goats cheese, Lancashire, Cheshire, Mozzarella, Quark, ricotta, Roquefort, Stilton, soya cheese            Double cream, crème fraiche</p>
<p><b>Meat, poultry and game*</b>            Heart, kidney, liver, liver pâté, oxtail, sweetbreads, tongue, pheasant, pigeon            Ham, tinned meat, sausages (check label)</p>	<p>Choose lean cuts of meat and remove fat and skin before cooking            Bacon, beef, chicken, corned beef, duck, gammon, lamb, pork, rabbit, turkey, veal, venison</p>
<p><b>Fish*</b>            Anchovies, crab (fresh), fish paste, fish roe, pilchards, sardines, scampi, sprats, swordfish, whitebait, mussels, sea bass, monkfish, taramasalata</p>	<p>Cod, haddock, halibut, plaice, rock salmon, sole, skate, home-made fish cakes, tinned crab, mussels, shrimps, squid, scallops, whelks, trout, prawns            Salmon – once a week (fresh or canned)            Tuna – fresh or canned in water            herring, kippers, mackerel</p>
<p><b>Lentils, pulses and meat alternatives</b>            Adzuki beans, baked beans, quorn, soya beans,            Almonds, brazil, cashews, mixed nuts, peanuts, pine nuts, walnuts, sesame seeds, sunflower seeds,</p>	<p>Black eye beans, broad beans, butter beans, chick peas, haricot beans, lentils, mung beans, split peas,            Hazelnuts, macadamia nuts, pecans</p>

*\*Cured, smoked and tinned meats and fish are high in salt. Choose tinned fish in spring water, not brine*

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Phosphate is commonly used as a preservative or stabiliser in food and increases the amount of phosphate in the diet. Often these foods are less nutritionally important in the diet than protein-containing high phosphate foods and so should be restricted first. In order to limit these foods please follow the advice below:

Foods high in phosphate to limit	Lower phosphate options to choose
<p><b>Breakfast cereals</b> Cereals containing bran, chocolate or nuts e.g. All Bran, Bran flakes, Fruit 'n Fibre, Ready Brek, Muesli (e.g. Alpen), Apricot Wheats, Weetabix minis with chocolate</p>	<p>Cornflakes, Multigrain Start, Rice Krispies, porridge, Special K, Weetabix, Puffed Wheat &amp; Shreddies</p>
<p><b>Bread, flour and alternatives</b> Crispbreads, oatcakes, Ryvita, Naan bread Self-raising flour, Soya flour, crumpets, rye flour</p> <p><b>Rice, potatoes, pasta and grains</b> Frozen/oven chips, potato waffles, instant mashed potato, quinoa Brown rice, instant noodles and Pot Noodles, wholemeal pasta, dumplings, macaroni cheese</p>	<p>Bread (brown, white, ciabatta, pitta, granary bread), English muffins, plain flour Breadsticks, cream crackers, Matzos, rusks, water biscuits, wholemeal crackers</p> <p>Potatoes (boiled, mashed, new, tinned in water, roast), homemade chips, sweet potato (boiled) Plain white rice, basmati, white pasta, rice noodles</p>
<p><b>Biscuits and cakes</b> Biscuits and cakes containing chocolate, dried fruit or nuts e.g. malt loaf Flapjacks, scones, scotch pancakes, waffles, cake mixes, cereal bars, oatcakes, rock cakes</p> <p><b>Puddings</b> Bread pudding, pancakes, sponge puddings wholemeal pastry and other products that contain baking powder. Fruit canned in syrup.</p>	<p>Plain or semi-sweet biscuits are suitable e.g. digestives, rich tea, malted milk, marie biscuits, Nice biscuits, ginger biscuits Plain croissants</p> <p>Fruit canned in its own juice e.g. peaches or pears (drain juice if on low potassium diet or fluid restriction), fruit crumble/pie, fresh fruit salad, sugar-free jelly or sorbet</p>
<p><b>Drinks</b> Dark fizzy drinks (e.g. Cola, Dr Pepper), Bovril, Hot chocolate, cocoa, malted drinks (e.g. Ovaltine Horlicks, supermarket own brands), Beer, Stout</p> <p><b>Savoury Snacks</b> Bombay mix, pork scratchings, tortilla chips, Twiglets</p> <p><b>Miscellaneous</b> Baking powder White sauce, cheese sauce, instant sauces Chocolate spread and chocolate nut spread, Marmite, peanut butter</p> <p><b>Sugar and confectionary</b> Chocolate, fudge, liquorice, marzipan, toffee Sweets containing nuts</p>	<p>Fruit squashes/cordials, tea, herbal/fruit teas, light coloured fizzy drinks (e.g. lemonade, Fanta), coffee, water (including flavoured/tonic) <i>Choose sugar-free/diet/no-added-sugar varieties</i></p> <p>Corn snacks (e.g. Wotsits, Skips), potato crisps, popcorn, prawn crackers. Coconut, chestnuts</p> <p>Gravy powders, Bisto, gravy browning Most soups are low in phosphate and protein but high in salt. Discuss with the dietitian if you wish to have soup often. Reduced sugar fruit spread, honey, jam, lemon curd, marmalade (limit to 1 level tsp max per slice of bread) Sugar-free fruit or peppermint sweets</p>