

## Kidney Disease: Controlling your Phosphate

*This dietary advice sheet gives some general information to help you make the recommended changes to your diet. If you need more detailed advice or you 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 how or when to take them or if you need more advice about your diet.

Protein-containing foods are an important part of a balanced diet, but are high in phosphate so we recommend that 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 (120g) 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.

If you have diabetes please see '*Controlling your phosphate with diabetes*.'

<b>Foods high in phosphate to limit</b>	<b>Lower phosphate alternatives</b>
<p><b><i>Dairy</i></b>  Processed cheese spread e.g. Dairylea, Primula, supermarket varieties  Cheese containing nuts, Emmental, Gruyere, Parmesan, Cheddar, reduced-fat cheddar, Edam, Gouda, Red Leicester  Condensed and evaporated milks</p>	<p>Brie, Camembert, cream cheese, Mozzarella</p>
<p><b><i>Meat, poultry and game</i></b>  Heart, kidney, liver, liver pâté, oxtail, sweetbreads, tongue, pheasant, pigeon, tinned meat, ham, sausages (check label)</p>	<p>Bacon</p>
<p><b><i>Fish</i></b>  Anchovies, crab (fresh), fish paste, fish roe, pilchards, sardines, scampi, sprats, swordfish, whitebait, mussels, taramasalata, sea bass, monkfish</p>	<p>Cod, haddock, rock salmon, whelks, Salmon, Prawn</p>
<p><b><i>Lentils, pulses and meat alternatives</i></b>  Adzuki beans, baked beans, quorn, soya beans,  Almonds, brazils, cashews, mixed nuts, peanuts, pine nuts, walnuts, sesame and sunflower seeds</p>	<p>Black beans, peas,</p>
<p><b>Foods high in phosphate to limit</b></p>	<p><b>Lower phosphate alternatives</b></p>
<p><b><i>Breakfast cereals</i></b></p>	<p>Cornflakes</p>

<p>Cereals containing bran, chocolate or nuts e.g. All Bran, Bran flakes, Fruit 'n Fibre, Ready Brek, Muesli (e.g. Alpen), Weetabix minis with chocolate, Apricot Wheats</p>	<p>Puffed</p>
<p><b>Starchy foods: Breads, Rice and Pasta:</b>        Crispbreads, crumpets, oatcakes, Ryvita, Naan bread        Self-raising flour, soya flour, rye flour        Frozen/oven chips, potato waffles, instant mashed potato, quinoa        Brown rice, instant noodles and pot noodles, wholemeal pasta, macaroni cheese, dumplings</p>	<p>Bread        Bread        Potato        Plain v</p>
<p><b>Biscuits, Cakes, Pastries and Desserts:</b>        Biscuits and cakes containing chocolate, dried fruit or nuts e.g. malt loaf and cake mixes        Bread pudding, flapjacks, scones,        wholemeal pastry and any other products that contain baking powder</p>	<p>Most b        custar        wafer        Croiss        treacle        fruit pi</p>
<p><b>Drinks</b>        Dark fizzy drinks (e.g. Cola, Dr Pepper and diet versions), Hot chocolate, malted drinks (e.g. Ovaltine, Horlicks, supermarket own brands), Beer, Stout, Bovril</p> <p><b>Savoury Snacks</b>        Oriental / 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 (e.g. Nutella and supermarket own brands), peanut butter, yeast extract e.g. Marmite/Vegemite</p> <p><b>Sugar and confectionary</b>        Chocolate, fudge, liquorice, marzipan, toffee        Sweets containing nuts</p>	<p>Coffee        orange        Fruit j        Corn s        Gravy        Most s        wish to        Fruit s        Boiled        marsh        Turkis</p>

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-rich high phosphate foods and so should be restricted first. In order to limit these foods please follow the advice below: