

## Kidney Disease: Controlling your Phosphate

*'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 unsure of 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 (⅓ 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 (¼ pint) or Milk pudding: 200g (½ 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 options to choose</b>
<p><b>Dairy</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, 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, tinned meat, ham, sausages (check label)</p>	<p>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, taramasalata, sea bass, monkfish</p>	<p>Cod, haddock, halibut, plaice, rock salmon, sole, skate, home-made fish cakes, tinned crab, mussels, shrimps, squid, scallops, whelks, trout Salmon (fresh or canned), Tuna Prawns, herring, kippers, mackerel</p>
<p><b>Lentils, pulses and meat alternatives</b> Adzuki beans, baked beans, quorn, soya beans, Almonds, brazils, cashews, mixed nuts, peanuts, pine nuts, walnuts, sesame and 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>

*Note: 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-rich 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), Weetabix minis with chocolate, Apricot Wheats</p>	<p>Cornflakes, Multigrain Start, Rice Krispies, Weetabix, porridge, Special K, Sugar Puffs, Frosties, Puffed Wheat, Cheerios, Ricicles &amp; Shreddies</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>Breadsticks, cream crackers, Matzos, rusks, water biscuits, wholemeal crackers            Bread e.g. brown, white, ciabatta, pitta, granary bread            Potatoes: Boiled, mashed, new, tinned in water, par-boiled roast potatoes, homemade chips            Plain white rice, basmati, plain pasta</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 biscuits are suitable e.g. digestives, custard creams, rich tea, shortbread, wafer biscuits, ginger nuts, malted milk, jam rings, Nice            Croissants, doughnuts, iced buns, gingerbread, jam or lemon curd tarts, meringue, rum baba, treacle tart, vanilla slice, cherry cake, angel cake, Victoria sandwich, jelly, sorbet, fruit crumble, fruit pie</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, fruit squashes, tea, herbal/fruit teas, light coloured fizzy drinks e.g. lemonade, cherryade, orangeade            Fruit juice</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.            Fruit spread, honey, jam, lemon curd, marmalade, golden syrup</p> <p>Boiled sweets, candied popcorn, chew sweets, foam sweets, fruit sweets, honeycomb, marshmallow, peppermints, sherbet sweets, Turkish delight (without chocolate or nuts)</p>