

## Kidney Disease: Controlling your Potassium and 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'.

Potassium and phosphate are minerals found naturally in foods and are present in the blood. In kidney disease, the amounts of potassium and phosphate in your blood can rise. This can be harmful to your health. The following advice will help you to choose lower potassium and phosphate foods while still following a varied, enjoyable diet. If you need more detailed advice please contact a dietitian.

Foods to limit	Foods to choose
<p><b>Dairy Products:</b> Condensed and evaporated milks Processed cheese spread e.g. Dairylea, Primula, supermarket own brand cheese spreads Cheese containing nuts, Emmental, Gruyere, Parmesan, Cheddar, reduced-fat Cheddar, Edam, Gouda, Red Leicester</p>	<p>Eggs up to 4 per week 200ml (1/3 pint) milk per day; Yoghurts/fromage frais 120g-150g pot 3-4 per week; Ice cream: 2 scoops (120g) 2-3 per week; Custard: 150ml (1/4 pint) or Milk pudding: 200g (1/2 tin) 2-3 per week Cheese: maximum 180g (6oz) per week (Brie, Camembert, cottage cheese, cream cheese, Feta, goats cheese, Lancashire, Mozzarella, Quark, ricotta, Roquefort, Stilton). Cream, butter, margarine, Crème Fraiche (in moderation)</p>
<p><b>Meat, Poultry and Fish:</b> Heart, kidney, liver, liver pâté, oxtail, tongue, pheasant, pigeon, tinned meat, ham, sausages Anchovies, fish paste, fish roe, pilchards, sardines, scampi, sprats, swordfish, whitebait <i>Note: Cured, smoked and tinned meats and fish are high in salt.</i></p>	<p>Bacon, beef, chicken, corned beef (check labels), duck, gammon, lamb, pork, rabbit, turkey, veal, venison. Cod, haddock, halibut, plaice, sole, skate, home-made fish cakes, tinned crab, mackerel, mussels, shrimps, squid, scallops, whelks, herring, kippers, prawns, salmon and tuna (fresh or canned), trout.</p>
<p><b>Lentils, Pulses and Meat alternatives</b> Aduki beans, butter beans, pinto beans, soya beans</p>	<p>Quorn, tofu, hummus, boiled lentils Choose canned beans rather than dried: baked beans, black eye beans, broad beans, chickpeas, red kidney beans</p>
<p><b>Fruit:</b> Avocado, bananas, dates, dried apricots, fresh / dried figs, grapefruit, melon, nectarines, oranges, pomegranates, prunes, raisins, rhubarb, star fruit and sultanas Drain natural juice from tinned fruit. <b>*additional fruit &amp; veg information available</b></p>	<p>Choose <b>2 servings</b> of fresh or tinned fruit / day E.g. one serving of fresh fruit is equivalent to: 1 apple / apricot / peach / pear <b>or</b> kiwi <b>or</b> 2 clementines / satsumas / plums <b>or</b> 100g (3.5 oz) raspberries / 8 strawberries <b>or</b> 16 grapes/ 20 cherries /180g (6 oz) blueberries</p>
<p><b>Vegetables:</b> Do not bake, fry, microwave, roast, pressure cook or steam vegetables. Limit Brussel sprouts, mushrooms, parsnips, spinach, kale Avoid raw vegetables (except 1 small salad per day), sundried tomatoes, tomato puree Do not use water from boiling vegetables to prepare soups, stews gravies, casseroles etc <b>*additional fruit &amp; veg information available</b></p>	<p>Have 2 portions of suitable boiled vegetables (1 portion = 3-4 tablespoons) or small salad/day: Cabbage, carrots, cauliflower, chickpeas (tinned), French / green beans, mange tout, marrow, mixed vegetables, peas, pumpkin, runner beans, spring greens, swede, sweetcorn, turnip or 2 spears of broccoli Tomatoes – 1 small or 4 cherry tomatoes / day</p>
<p><b>Potatoes:</b> Jacket potatoes, potato wedges, roast potatoes (including supermarket varieties) &amp; potato croquettes, potato waffles, hash browns. Chip shop and supermarket chips</p>	<p>Choose <b>up to</b> 150 g (5 oz) ie 3 egg-sized boiled potatoes per day ie boiled potatoes, mashed potato, tinned potato. Parboiled roast or parboiled chipped potatoes. Sweet potato (boiled)</p>

## Kidney Disease: Controlling your Potassium and Phosphate with Diabetes

Foods to Limit	Foods to Choose
<p><b>Breads, Rice and Pasta:</b> Breads containing nuts, seeds &amp; dried fruits. Naan bread. Bulgur wheat. Chick pea, potato, rye and soya flour. Self-raising flour. Brown rice, wholemeal pasta. Dumplings, instant/pot noodles, macaroni cheese</p>	<p>Bread e.g. brown, white, ciabatta, pitta, granary bread, bagels, baguettes, croissants, pancakes. Yorkshire pudding, couscous, polenta Plain white rice, basmati, plain pasta. Rice noodles</p>
<p><b>Breakfast Cereals:</b> Cereals and breakfast/cereal bars containing bran, dried fruit, nuts and seeds, chocolate, coconut e.g. All Bran, Branflakes, Fruit 'n' Fibre, Muesli, Raisin Wheats, Shredded Wheat Fruitful, Sultana Bran, Choco Hoops, Weetabix minis with chocolate, Apricot Wheats, wheat bran</p>	<p>Porridge, Puffed wheat, Rice Krispies, Special K, Shreddies, Cornflakes, Shredded Wheat, Weetabix (sugar content should be less than 1/3 of total carbohydrate content).</p>
<p><b>Snacks:</b></p> <p style="text-align: center;">Some savoury snacks and crisps contain <b>potassium chloride</b> as a flavouring. It is advised you check the label and avoid products containing this. Individual brands and flavours may vary.</p>	
<p>Crispbreads, oatcakes, Ryvita. Potato crisp &amp; snacks e.g. Hula Hoops, Quavers, Squares, French Fries, Discos, Twiglets, Wheat Crunchies. Popadoms. Vegetable crisps. Bombay/Oriental mix, Bhajis, Pakoras, nuts &amp; seeds</p>	<p>Breadsticks, butter puffs, cream crackers, rice cakes, corncakes, plain popcorn. Matzos, pretzels, rusks, water biscuits, wholemeal crackers. Corn / maize / rice snacks not containing potassium chloride e.g., cheese puff, tortilla chips</p>
<p><b>Biscuits:</b> Biscuits containing chocolate, coconut, dried fruit, nuts &amp; seeds, treacle or bran</p>	<p>Plain or semi- sweet biscuits: Digestive, Rich Tea, Malted Milk, Nice, Ginger nuts (sugar content should be less than 1/3 of total carbohydrate content)</p>
<p><b>Cakes, Desserts and Pastries:</b> All cakes, desserts &amp; pastries containing chocolate, coconut, dried fruit, nuts, treacle, bran e.g. currant buns, chocolate éclairs, hot cross buns, bran muffins, Bakewell tart, custard tarts, Danish pastries. Products containing baking powder e.g. scones. Bread pudding</p>	<p>Plain croissants Fruit pie/ crumble or fresh fruit salad (using fruit from allowance) Sugar- free jelly or sorbet</p>
<p><b>Drinks:</b> Instant coffee, Barista coffees e.g. espresso, latte, cappuccino, mocha etc. (including packet mixes). Hot chocolate &amp; cocoa, malted drinks (e.g. Horlicks &amp; Ovaltine). Bovril, Oxo, Marmite Milkshakes &amp; smoothies Most fruit &amp;/or vegetable juices, coconut water High juice squashes, Snapple, Orangina, Dark fizzy drinks (e.g. Cola, Dr Pepper and diet versions). Beer &amp; Lager, cider, sherry, port, Martini, Vermouth, strong ale, stout, wine (including Champagne &amp; sparkling wine)</p>	<p>Tea (including fruit, herbal) Choose up to 1 cup filter coffee a day Instant Coffee alternatives e.g. Camp coffee, Caro, Barley Cup Light coloured fizzy drinks e.g. cherryade, orangeade, ginger beer, lemonade. Cordials, squasges, Barley water, flavoured water, tonic water <u>Choose sugar-free/diet/no-added sugar varieties</u> Spirits and liqueurs e.g. vodka, rum, gin, whiskey</p>
<p><b>Miscellaneous:</b> Chocolate and chocolate nut spreads (e.g. Nutella and supermarket own brands) &amp; peanut butter White sauce, cheese sauces, instant sauces. Meat or yeast extracts e.g. Bovril/Oxo/ Marmite Molasses and treacle Salt substitutes e.g. Lo-Salt, Selora &amp; Solo Tomato ketchup, Brown sauce, Most soups and stock cubes. Pot noodles</p>	<p>Garlic, herbs, pepper and spices, curry powder Gravy Granules/powder Cooking oil (e.g. rapeseed), olive oil, Glace cherries, golden syrup, honey, jam, lemon curd, marmalade, sugar &amp; non-sugar sweeteners Mint sauce, tartar sauce &amp; vinegar, pickle Chilli sauce in moderation French dressing, mayonnaise, salad cream</p>
<p><b>Confectionary:</b> Confectionary containing dried fruit/nuts Cereal bars, chocolate, fudge, liquorice, marzipan, nougat, peanut brittle, toffee, caramels, carob.</p>	<p>Sugar- free fruit or peppermint sweets Sugar- free chewing gum</p>