

Kidney Disease: Controlling your Potassium and Phosphate if you have 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 that is suitable for your diabetes. If you need more detailed advice please contact a dietitian.

	Foods to limit	Foods to choose
Dairy Products:	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	Eggs, up to 4 per week; milk, 200ml (1/3 pint) per day; Yoghurts/fromage frais, 120g-150g pot 3-4 per week (containing less than 10g carbohydrate per 100g); 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)
Meat, Poultry and Fish:	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>	Bacon, beef, chicken, corned beef, 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.
Lentils, Pulses and Meat alternatives	Aduki beans, butter beans, pinto beans, soya beans	Quorn , tofu, hummus, boiled lentils Choose canned beans rather than dried: baked beans, black eye beans, broad beans, chickpeas, red kidney beans

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Fruit:	Avocado pears, large 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.	Choose 2 servings of fresh or tinned fruit / day E.g. one serving of fresh fruit is equivalent to: 1 apple / apricot / peach / pear or ½ small banana / kiwi or 2 clementines / satsumas / plums or 100g (3.5 oz.) raspberries / 8 strawberries or 16 grapes/ 20 cherries /180g (6 oz.) blueberries
Vegetables:	Do not bake, fry, microwave, roast, pressure cook or steam vegetables. Limit Brussel sprouts, mushrooms, parsnips, spinach 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.	Have 2 servings of suitable boiled vegetables (1 portion = 3-4 tablespoons) or small salad/day: Cabbage, carrots, cauliflower, chickpeas (tinned), French / green beans, kale, 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
Potatoes:	Jacket potatoes, potato wedges, roast potatoes (including supermarket varieties) & potato croquettes, potato waffles, hash browns. Chip shop and supermarket chips shop and supermarket chips	Choose up to 150 g (5 oz.) i.e. 3 egg-sized peeled and boiled potatoes per day i.e. boiled potatoes, mashed potato, tinned potato. Parboiled roast or parboiled chipped potatoes. Sweet potato (boiled)
Breads, Rice and Pasta:	Breads containing nuts, seeds & 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	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
Breakfast Cereals:	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	Porridge, Puffed wheat, Rice Krispies, Special K, Shreddies, Cornflakes, Shredded Wheat, Weetabix (<i>sugar content should be less than 1/3 of the total carbohydrate content</i>)

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Savoury Snacks:	Some savoury snacks and crisps contain potassium chloride as a flavouring. It is advised that you regularly check the label and avoid crisps
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	containing potassium chloride. Individual brands and flavours may vary.	
	Crispbreads, oatcakes, Ryvita. Potato crisp & snacks e.g. Hula Hoops, Quavers, Squares, French Fries, Discos, Twiglets, Wheat Crunchies. Popadoms. Vegetable crisps. Bombay/Oriental mix, Bhajis, Pakoras, nuts & seeds, Tortilla chips	Breadsticks, butter puffs, cream crackers, rice cakes, corncakes, plain popcorn. Matzos, pretzels, rusks, water biscuits, wholemeal crackers. Maize, corn, wheat and rice snacks <u>not containing Potassium Chloride</u> e.g. cheese puffs, tortilla chips
Biscuits:	Biscuits containing chocolate, coconut, dried fruit, nuts & seeds, treacle or bran.	Plain or semi-sweet biscuits: Digestive, Marie, Rich Tea, Malted Milk, Nice, Ginger nuts (<i>sugar content should be less than 1/3 of the total carbohydrate content</i>)
Cakes, Desserts and Pastries:	All cakes, desserts & 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	Plain croissants Fruit pie/crumble or fresh fruit salad (using fruit from allowance) Sugar-free jelly or sorbet
Drinks:	Instant coffee, Barista coffees e.g. espresso, latte, cappuccino, mocha etc. (including packet mixes). Hot chocolate & cocoa, malted drinks (e.g. Horlicks & Ovaltine). Bovril, Oxo, Marmite Milkshakes & smoothies Most fruit &/or vegetable juices, coconut water High juice squashes, Snapple, Orangina, Dark fizzy drinks (e.g. Cola, Dr Pepper and diet versions). Beer & Lager, cider, sherry, port, Martini, Vermouth, strong ale, stout, wine (including Champagne & sparkling wine)	Tea (including fruit, herbal) You may 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, squashes, 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

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Miscellaneous:	Chocolate and chocolate nut spreads (e.g.	Garlic, herbs, pepper and
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	<p>Nutella and supermarket own brands) & 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 & Solo Tomato ketchup, Brown sauce, Most soups and stock cubes. Pot Noodles</p>	<p>spices, curry powder Gravy Granules/powder Cooking oil (e.g. rapeseed), olive oil, Reduced sugar jam, marmalade, lemon curd <i>(limit to max. 1 level teaspoon per slice of bread)</i> Non-sugar sweeteners Mint sauce, tartar sauce & vinegar, pickle Chilli sauce in moderation French dressing, mayonnaise, salad cream</p>
Confectionary:	<p>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>