**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 (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.*

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| **Foods high in phosphate to limit** | **Lower phosphate options to choose** |
| ***Dairy***Processed cheese spread e.g. Dairylea, Primula, supermarket varietiesCheese containing nuts, Emmental, Gruyere, Parmesan, Cheddar, reduced-fat cheddar, Edam, Gouda, Red LeicesterCondensed and evaporated milks | 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 |
| ***Meat, poultry and game***Heart, kidney, liver, liver pâté, oxtail, sweetbreads, tongue, pheasant, pigeon, tinned meat, ham, sausages (check label) | Bacon, beef, chicken, corned beef, duck, gammon, lamb, pork, rabbit, turkey, veal, venison |
| ***Fish***Anchovies, crab (fresh), fish paste, fish roe, pilchards, sardines, scampi, sprats, swordfish, whitebait, mussels, taramasalata, sea bass, monkfish | Cod, haddock, halibut, plaice, rock salmon, sole, skate, home-made fish cakes, tinned crab, mussels, shrimps, squid, scallops, whelks, troutSalmon (fresh or canned), TunaPrawns, herring, kippers, mackerel |
| ***Lentils, pulses and meat alternatives***Adzuki beans, baked beans, quorn, soya beans, Almonds, brazils, cashews, mixed nuts, peanuts, pine nuts, walnuts, sesame and sunflower seeds  | Black eye beans, broad beans, butter beans, chick peas, haricot beans, lentils, mung beans, split peas, hazelnuts, macadamia nuts, pecans |

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| **Foods high in phosphate to limit** | **Lower phosphate options to choose** |
| ***Breakfast cereals***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 | Cornflakes, Multigrain Start, Rice Krispies, Weetabix, porridge, Special K, Sugar Puffs, Frosties, Puffed Wheat, Cheerios & Shreddies |
| ***Starchy foods: Breads, Rice and Pasta:***Crispbreads, crumpets, oatcakes, Ryvita, Naan breadSelf-raising flour, soya flour, rye flourFrozen/oven chips, potato waffles, instant mashed potato, quinoaBrown rice, instant noodles and pot noodles, wholemeal pasta, macaroni cheese, dumplings | Breadsticks, cream crackers, Matzos, rusks, water biscuits, wholemeal crackersBread e.g. brown, white, ciabatta, pitta, granary breadPotatoes: Boiled, mashed, tinned in water, par-boiled roast potatoes, homemade chipsPlain white rice, basmati, plain pasta  |
| ***Biscuits, Cakes, Pastries and Desserts:***Biscuits and cakes containing chocolate, dried fruit or nuts e.g. malt loaf and cake mixesBread pudding, flapjacks, scones, wholemeal pastry and any other products that contain baking powder | Most biscuits are suitable e.g. digestives,custard creams, rich tea, shortbread, wafer biscuits, ginger nuts, malted milk, jam rings, NiceCroissants, 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 |
| ***Drinks***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***Savoury Snacks***Oriental / Bombay mix, pork scratchings, tortilla chips, Twiglets***Miscellaneous*** Baking powder White sauce, cheese sauce, instant saucesChocolate spread and chocolate nut spread (e.g. Nutella and supermarket own brands), peanut butter, yeast extract e.g. Marmite/Vegemite***Sugar and confectionary***Chocolate, fudge, liquorice, marzipan, toffeeSweets containing nuts | Coffee, fruit squashes, tea, herbal/fruit teas, light coloured fizzy drinks e.g. lemonade, cherryade, orangeadeFruit juiceCorn snacks (e.g. Wotsits, Skips), potato crisps, popcorn, prawn crackers. Coconut, ChestnutsGravy powders, Bisto gravy browningMost 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 syrupBoiled sweets, candied popcorn, chew sweets, foam sweets, fruit sweets, honeycomb, marshmallow, peppermints, sherbet sweets, Turkish delight (without chocolate or nuts) |

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:

