

Low Phosphate Diet

Patients must contact their dietitians for any questions regarding the incorporation of information obtained from this guideline into their diets.

Phosphate is a mineral found in food and is essential for healthy bone formation. During kidney failure the kidneys cannot excrete phosphate and it accumulates in the blood causing calcium to leak from the bones, and leading to weak bones that are more likely to break. It may even damage the kidneys, other organs, and may cause the skin to itch. Therefore you must restrict the intake of phosphate through the diet.

Foods High in Phosphate

- Milk, cheese and egg
 - Drinks made with milk
 - Baked deserts or dishes containing milk, eggs and cheese e.g. milk tart, custard, macaroni and cheese
 - Cheese spreads
- High phosphate meat and meat alternatives
 - Dried beans, peas, lentils, peanuts and soya products
 - Nuts; all types
- Meat- and/or vegetable extracts
 - Salty spreads like meat and vegetable extracts
- Cereals
 - All-Bran flakes, whole-wheat Pronutro, low fat Muesli (note,

that the inclusion of dry cereals usually require more milk to be used which is high in phosphate)

- Sweets
 - Chocolates and chocolate sweets
 - Large amounts of dried fruit
 - Dark cold drinks like cola drinks and beer

General Guidelines (see tables on following pages)

1. Restrict milk intake to a maximum of 1 portion or ½ cup per day.
2. Restrict high phosphate meats to 1 portion or 30g (matchbox size) per day; rather eat more of the low phosphate foods as prescribed by the dietitian.
3. The medication used to bind phosphates from the diet so that it is excreted in the stool, has to be taken with meals and not between meals.

Dietitian:

Date: / /

Tel:

E-mail:

Fax:



MILK AND DIARY PRODUCTS HIGH IN PHOSPHATE

Milk, full cream, fat free or low fat	½ cup
Soya milk, sour milk	½ cup
Yoghurt, custard, milk shake	½ cup
Condensed milk, sweetened	2 level tablespoons
Milk, low fat powder	1 heaped dessertspoon
Milk, numel, powder	1 heaped tablespoon
Ice cream, sorbet / regular	2 scoops
Chocolate, milk	½ slab

MEAT AND MEAT ALTERNATIVES HIGH IN PHOSPHATE

Bacon	3 rashers
Baked Beans	2 heaped tablespoons
Briyani, with lentils, no meat	2 heaped large spoons
Cheddar, Gouda, Cheshire	small match box
Dried beans and peas, cooked	¾ cup
Egg, boiled or poached	1 extra large
Peanut butter	2 level dessertspoons
Lentils, cooked	⅔ cup
Liver, mutton or beef, fried	small match box
Mozzarella	2 heaped tablespoons
Parmesan cheese, grated	2 heaped dessertspoons
Pilchards, canned in brine	1 heaped dessertspoon
Sardines, canned in oil	2 small
Soya beans, cooked	3 level tablespoons

MEAT AND MEAT ALTERNATIVES LOW IN PHOSPHATE

Beef or mutton stew with vegetables	¼ cup
Beef patty	1 small portion
Chicken, cooked without bones	1 small drumstick
Red meat, chicken or fish, cooked	small match box
Calamari, fried	8 medium rings
Cottage cheese, low fat	2 heaped tablespoons
Lasagne	1 heaped large spoon
Minced meat, lean	1 heaped dessertspoon
Mussels	10 mussels
Mutton or pork leg, roasted	1 thin slice
Pork loin	small match box
Tuna, canned	¼ cup

