

Low Phosphate Diet

Patients must contact their dietitians for any questions regarding the incorporation of information obtained from this programme 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

- Bran flakes, 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 with nuts, toffee, raisins, and dark chocolate
- Large amounts of dried fruit
- Dark cold drinks like beer, cola

General Guidelines

(See included tables)

- Restrict milk intake to 1 portion or ½ cup per day.
- Restrict high phosphate meats to 1 portion or 30g (matchbox size) per day and rather eat more of the low phosphate foods as prescribed by the dietician.
- 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.



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, milkshake	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
Biryani, with lentils, no meat	2 heaped large spoons
Cheddar, Gouda, Cheshire	size of a 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	size of a small match box
Mozzarella, grated	2 heaped tablespoons
Parmesan cheese	2 heaped dessertspoons
Pilchards, canned in brine	1 heaped dessertspoon
Sardines, canned in oil	2 small
Soya beans, cooked	4 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 size
Calamari, fried	8 medium rings
Cottage cheese, low fat	2 heaped tablespoons
Lasagne	1 heaped large spoon
Minced meat	3 level dessertspoons
Mussels	10 mussels
Mutton or pork leg, roasted	1 thin slice
Pork loin	small match box size
Tuna, canned	¼ cup

