

Low Phosphate Diet for Diabetic Nephropathy

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, artificially sweetened low fat custard, macaroni and cheese
 - Low fat cheese spreads
- High phosphate meat and meat alternatives
 - Dried beans, peas, lentils, peanuts and soya products
 - Nuts; all types

- Meat- and/or vegetable extracts
 - Bovril, Oxo, Marmite, Fray Bentos
- Cereals
 - All-Bran flakes, whole-wheat Pronutro, low fat Muesli (note, that including dry cereals usually require more milk to be used which is high in phosphate)
- Sweets
 - Artificially sweetened chocolates and chocolate sweets
 - Large amounts of dried fruit
 - Dark cold drinks like artificially sweetened cola drinks and beer

General Guidelines (see tables on following pages)

1. Restrict milk intake to a maximum of 1 portion or 1 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.

Portion sizes of the food items listed are based on the adapted American Dietetics Associations' Exchange Lists



MILK AND DIARY PRODUCTS HIGH IN PHOSPHATE

Milk, fat free, low fat, , soya, sour milk	1 cup
Yoghurt, Custard, low fat	1 cup
Soya or sour milk	1 cup
Milk, low fat powder	¼ cup

MEAT AND MEAT ALTERNATIVES HIGH IN PHOSPHATE

Bacon, lean	3 rashers
Baked Beans	1/3 cup
Cheddar, Gouda, Cheshire	small match box
Dried beans and peas, cooked	1/2 cup
Egg, boiled or poached	1 extra large
Lentils, cooked	1/2 cup
Liver, mutton or beef, fried	small match box
Mozzarella	small match box
Parmesan cheese, grated	2 tablespoons
Sardines, canned in oil	2 medium

MEAT AND MEAT ALTERNATIVES LOW IN PHOSPHATE

Beef or mutton stew with vegetables	¼ cup
Calamari, fried	8 medium rings
Cottage cheese, low fat	¼ cup
Chicken, cooked without bones	small match box
Minced meat, lean	1 heaped dessertspoon
Mutton or pork leg, roasted	1 thin slice
Pork loin	small match box
Red meat, chicken or fish, cooked	small match box
Shellfish	30g
Tuna, canned	¼ cup
Turkey	small match box

