

Phosphate lowering dietary advice

This leaflet is intended for patients who have had advice from a health care professional that they require a low phosphate diet.

Why you need to follow a low phosphate diet?

Healthy kidneys usually filter and get rid of excess phosphate in the blood. If your kidneys are not working properly, phosphate can build up in the blood. This can cause red eyes and itchy skin in the short term. Over a longer period of time it will result in weaker bones, aching joints and hardened blood vessels, increasing your risk of heart disease and heart attack.

How can I reduce my phosphate level?

Diet is one way to help control your blood phosphate level. Options of how to reduce phosphate in your diet or alternative foods you can use are outlined overleaf.

You may also be requested to take medication known as phosphate binders. It is important that you know when and how to take these medications and your dietitian/medical team can advise you.

You should only follow a low phosphate diet if you have been advised to do so by a qualified health professional. If you are following any other dietary restrictions, discuss with your dietitian how to also restrict your phosphate intake while following these other restrictions.

Reducing your intake of high phosphate foods

Food Group	Reduce intake of	Lower phosphate alternatives
Meat	Offal, liver, ham and pate.	Bacon, beef, chicken, duck, gammon, lamb, pork, rabbit, salami, turkey, pork pie, meat pie, veal, venison.
Fish, seafood and shellfish	Carp, clams, fresh crab, crayfish, fish paste, fish roe, monkfish, mussels, oysters, pilchards sardines, scampi, seabass, taramasalata, whitebait.	Crab sticks, salted fish, scallops, tinned crab, fresh and tinned tuna, tinned salmon, winkles.
Non-meat sources of protein	Aduki beans, baked beans, hummus, nuts, red kidney beans, seeds, soya beans, Quorn.	Egg white. Limit eggs to 4 per week.
Dairy foods	Cheese spread e.g. Dairylea, Primula, processed cheese, condensed milk, evaporated milk, milk-based sauces, coconut milk/cream, instant pasta and sauces.	Cream cheese, crème fraiche, cream, soured cream, unfortified rice/soya/oat milk. Milk intake should not exceed half a pint a day or equivalent. 30g of hard cheese or 1 pot of yoghurt (125g) is equivalent to one third of a pint of milk.
Starchy carbohydrates	Crumpets, naan, rye flour, self-raising flour, baking powder, brown rice, macaroni cheese, oven chips, potato waffles, pot noodles, quinoa, All bran, bran flakes, muesli, Readybrek.	Cornflour, cream crackers, croissant, English muffins, pitta bread, water biscuits, white bread, plain flour, cassava, potatoes, rice noodles, sweet potatoes, white rice, yam, cornflakes, puffed rice, Special K, puffed wheat.
Savoury snacks	Bombay mix, nuts, seeds, Twiglets, Marmite, Bovril.	Breadsticks, corn snacks, crisps, popcorn, prawn crackers.
Sweet snacks	Chocolate, fudge, cakes and biscuits with chocolate or nuts, scones, oatcakes, scotch pancakes, waffles, yoghurt, custard.	Jam, marmalade, honey, sweets, jellies, fruit gums, mints, marshmallow, Turkish delight, cream cakes, doughnuts, jam tarts, plain biscuits, fruit crumble,

		meringue.
Drinks	Bovril, dark fizzy drinks e.g. cola, malted drinks e.g. Ovaltine, Horlicks, hot chocolate, milky coffee, lager, stout.	Coffee, fruit juice, light coloured fizzy drinks e.g. lemonade, Oxo, squash/cordial, tea, water, cider, sherry, spirits, wine.

Individual goals

You may want to set some key goals specific to you, with support of your dietitian. Please use the space below to write these down.

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Who should I contact if I have a problem or question?

Please contact: Dietetics and Speech Therapy Service, Hillingdon Hospital 01895 279416.

What should I do in case of an emergency?

If your concern is related to your diet please contact us on 01895 279416. If your emergency is regarding your medical condition please contact your GP or NHS 111.

Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format.

Please contact: 01895 279973

Fadlan waydii haddii aad warbixintan ku rabto luqad ama hab kale. Fadlan la xidhiidh
01895 279 973

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இலக்கத்துடன் தொடர்பு கொள்ளுங்கள்.!

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formie
audio, poproś pracownika oddziału o kontakt z biurem informacji pacjenta (patient
information) pod numerem telefonu: 01895 279973.

如果你需要這些資料的其他語言版本、大字体、或音頻格式，請致電01895 279 973 查詢。

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يرجى
الاتصال بالرقم التالي 01895279973 .