

**Nutrition and Dietetic Department**

**Low Phosphate Diet**

**You should only follow a low phosphate diet if you have**

**been advised by your healthcare professional to do so.**

**What is phosphate?**

Phosphate is a mineral found in many foods. It is present in every cell of the body and helps build healthy bones and teeth.

**Why do you need to follow a low phosphate diet?**

If the kidneys are not working properly phosphate can build up, resulting in high blood phosphate levels.

This can lead to:

* Damage to the heart and blood vessels, increasing your risk of heart disease and heart attack.
* Weaker bones and aching joints.
* Itchy skin and red, itchy eyes.

**Controlling your phosphate level**

A reduced phosphate diet will help you control the level of phosphate in your blood.

It is important to remember that each person has different dietary needs with their own individual blood results. The Dietitian will provide specific advice tailored to your own individual needs if this is required.

The following information provides you with a list of foods that should be limited or avoided with suitable alternatives that can be eaten more freely.

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|  | **Foods to limit or avoid** | **Suitable alternatives** |
| **Milk and milk products** | **Cow’s Milk:** no more than 300 ml  (½ pint) a day.  This includes full cream, semi-skimmed, skimmed, pasteurised and UHT milk.  The above 300 ml milk allowance should also include yoghurt, fromage frais, milk and soya puddings, custard and ice cream. E.g. a 125 g pot of yogurt should be counted as a 1/3 pint of milk.  **Cheese:**  E.g. cheddar, edam, brie, camembert, mozzarella, red Leicester, feta, gouda.  Limit to no more than  4 × 30 g (4 oz.) portions a week.  30 g (1 oz.) of cheese is the size of a small matchbox.  When using hard cheese, grate it to make it go further. Use a mature cheese as a small amount still adds plenty of flavour.  **Avoid**  **Evaporated milk and condensed milk**  **Cheese spreads e.g. Dairylea, Primula**  **Coconut milk/cream.** | Unfortified rice milk, soya milk and oat milk are lower in phosphate so can be substituted for cow’s milk in tea, cereal and milk puddings. Ask your Dietitian for further advice on this.  Sorbet is much lower in phosphate than ice cream. Remember to consider the fluid content if you are on a fluid restriction.  Cream cheese  Cottage cheese  Crème fraiche  Cream  Soured cream |
| **Meat, fish, seafood and eggs** | **Eggs:** limit to no more than 3 to 4 eggs a week.  **\*Fish:** Oily fish such as pilchards, sardines, kippers, herrings, whitebait sprats, anchovies, herring, mackerel, salmon, trout  **\*Shellfish:** such as cockles, fresh crab, fish roe, mussels, prawns, scampi, shrimps, squid, oysters  **\*Game:** such as goose, hare, partridge, pheasant, pigeon  **\*Offal:** such as liver, kidney, heart  **\*It is best if oily fish, shellfish, game and offal are limited to once a fortnight.** | Egg white is low in phosphate  White fish such a plaice, cod, haddock, fish fingers, tuna canned in brine or water, tinned salmon (no bones), jellied eels, fresh tuna  Crabsticks, tinned crab in brine, scallops, winkles  Beef, chicken, duck, pork, turkey, lamb, rabbit, veal, venison, gammon  Tripe |

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|  | **Foods to limit or avoid** | **Suitable alternatives** |
| **Meat, fish, seafood and eggs** | **Avoid**  **Fish paste, taramasalata**  **Processed, sliced meats e.g. processed ham, salami, Pate** |  |
| **Non-meat protein sources** | \*Nuts and seeds  Edamame beans  Aduki beans  Soybeans  Pinto beans  \*If you are a vegetarian you should continue having beans and pulses as usual and speak with the Dietitian for advice. | Broad beans, butter beans, chickpeas, lentils, mung beans, split peas, black eyed beans  Tofu  Quorn  Soya meat substitute  **Maximum once a week** – hummus, red kidney beans, baked beans (125 g portion). |
| **Cereals and bread** | All Bran  Muesli  Readybrek  Cereals or biscuits containing nuts or chocolate  Crumpets  Naan bread  Scones | Bread – white, brown or wholemeal  White or wholemeal flour  Pitta bread, bread sticks  Cereals, cakes and biscuits that do not contain nuts or chocolate  Croissants  English muffins  Cream crackers/water biscuits  **Maximum two to three times a week** – oat cakes, rice cakes, crispbreads, bagels and granary type bread |
| **Sweets, snacks and sauces** | Chocolate  Chocolate spread  Chocolate powder e.g. cocoa powder or Bournvita  Malted milk drinks e.g. Ovaltine, Horlicks  Fudge  Peanut butter  Marmite, Bovril  Bombay mix, Twiglets  Cola and other dark fizzy drinks | Boiled sweets, jelly sweets, marshmallows or turkish delight  Jam, marmalade or honey  Plain popcorn  Prawn crackers  Lemonade  Orangeade  Squash and cordial  Flavoured waters  Tonic water |

**Processed foods**

Processed foods often have phosphate added to them and this is easily absorbed from food. Look out for ingredients on labels of processed foods such as *phosphoric acid, pyrophosphate, polyphosphate* and *sodium phosphate*. Foods to take particular care with include **ham, breaded chicken, cake mixes, instant sauces and dark carbonated drinks** as these often contain these ingredients. Try to choose fresh and less processed foods when you can.

**Phosphate binders**

In addition to a low phosphate diet your doctor may also prescribe you phosphate binder medication. Binders combine with some of the phosphate in your food preventing your body from absorbing it. It is essential that you take your phosphate binder with meals and snacks as prescribed.

The more phosphate a meal contains, the more binders you need. If you eat processed foods then you may be advised to take more phosphate binders. Your renal doctor will let you know if you need to take phosphate binders.

Avoid taking an iron supplement such as Ferrous Sulphate at the same time as your phosphate binder.

**Remember to take your binders with you if you are eating out.**

**Types of Phosphate binder**

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| **Name** | **When to take** | **How to take** |
| **Calcichew**  (Calcium Carbonate) | Before meals | Chew |
| **Phosex**  (Calcium Acetate) | Just before or during meals | Swallow |
| **Fosrenol**  (Lanthanum Carbonate) | Just after meals | Tablet – chew  Powder – mix with a small amount of food or can be taken directly from packet |
| **Osvaren** (Calcium Acetate and Magnesium Carbonate) | Before meals | Swallow |
| **Alucaps**  (Aluminium Hydroxide) | Before meals | Swallow |
| **Renvela**  (Sevelamer Carbonate) | During meals | Tablet – swallow  Powder – mix with 60 ml water and drink |
| **Renagel**  (Sevelamer Hydrochloride) | Just before or during meals | Swallow |

Ask to see the Dietitian if you need further information and advice.

**Contact Information**

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