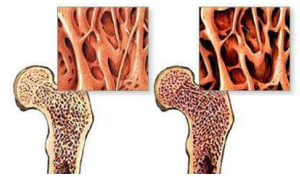


## Guide to reducing phosphate in your diet

Phosphate is a mineral that keeps your bones and teeth strong. When your kidneys are not working properly, the level of phosphate in your blood can increase.

High blood phosphate levels can cause some health problems.

- High levels of phosphate remove calcium from your bones causing them to become weak and brittle. This will increase your risk of breaking bones.
- Phosphate and calcium combine together and cause a chalk-like build up in blood vessels and other parts of the body, like your heart.
- Itchiness



### How do I control my phosphate levels?

- 1. Reduce your intake of processed foods.** Processed foods often have phosphate added to them. This type of phosphate is easily absorbed into our body. To avoid added phosphate it is best to cook using fresh foods.
- 2. Avoid food additives.** You will need to look through the list of ingredients to find out which foods contain phosphorus additives. Common phosphate additive numbers are: 101, 339, 340, 341, 342, 343, 450, 451, 452, 541, 542, 1410, 1412, 1413, 1414 and 1442.

Below is an example of a food label:

**Ingredients:**

When cooked: pasta (81%) [wheat flour, thickener (405), colour (carotene)], skim milk, sour cream (4%), maltodextrin (from wheat), onion, chives (1.5%), mineral salts (451, 452, 508), maize starch salt, yeast extract, food acids (citric, lactic, malic), spice extract

**3. Include moderate amounts of animal foods.** Foods such as dairy products, meat, poultry, eggs and seafood are high in phosphate. It is important to still include these foods so you get enough protein. However, large portions of these foods may increase your phosphate level. A dietitian can give you personalised advice about the right amount for you. Some general guidance for eating the right amount of animal foods is:

- ✓ Aim for a palm-sized piece-of meat, chicken or fish the same thickness as your fingers at your main meal
- ✓ Include smaller amounts of animal foods at other meals
- ✓ Include 1-2 serves of dairy foods each day.  
1 serve = 1 cup milk or 1 individual tub (200 g) yoghurt or 40 g (2 tablespoons or 2 slices) low phosphate cheese

**4. Include fruits, vegetables, breads and grains. These are naturally low in phosphate.** These foods will not significantly affect your phosphate levels. These foods should be eaten daily as part of a general healthy diet. Keep in mind potassium containing foods if you need a low potassium diet. If you are not sure please ask your renal dietitian.

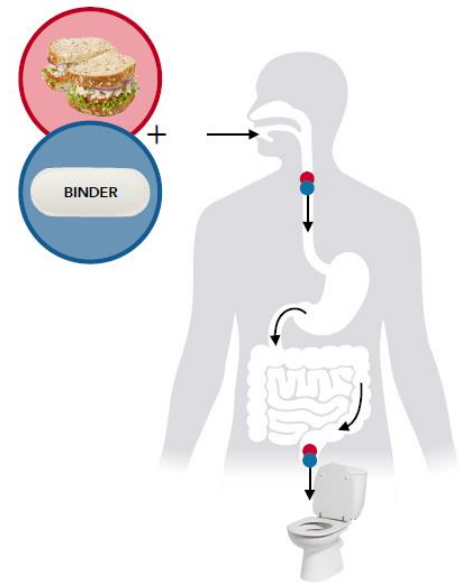
	Choose often Lower phosphate choices	Limit / occasional Higher phosphate choices
<b>Dairy</b>  Limit to 1-2 serves dairy daily 1 cup = 1 serve	Milk – cows, goat Yoghurt – plain, fruit flavoured Custard Cottage cheese, Ricotta Cream cheese	Condensed or evaporated milk Yoghurt – diet, no added sugar Processed cheese (e.g. cheese singles, cheese spreads) Hard cheese - cheddar, parmesan
<b>Meat, poultry, eggs</b>  Check food labels for phosphate additive numbers	Fresh meats - Beef, lamb, pork, mince Fresh poultry - Chicken (all cuts: breast, drumstick, thigh, mince) Eggs	Pre-packaged meats - Ham, salami, devon, corned beef, chicken loaf, turkey - Tinned meats (e.g. spam) - Tinned chicken Pre-marinated meat and poultry Frozen chicken products Sausages Pies, sausage rolls Pates and offal-based products
<b>Seafood</b>	Fresh fish Canned fish Crab	Frozen fish products Fish with edible bones (e.g. some canned salmons) Fish paste Prawns, shellfish, oysters, mussels
<b>Non-animal proteins</b>	Tofu, Tempeh Canned chickpeas, lentils	
<b>Drinks</b>  Ensure you stick to your fluid allowance	Water Tea, coffee Plain soda or mineral water Cordial or non-cola soft drinks	Cola drinks (e.g. Pepsi, Coca-Cola), Sarsaparilla Instant sachets of coffee, hot chocolate and chai Stout
<b>Other</b>	Plain flavoured crisps or crackers Lightly salted popcorn Plain cakes, biscuits, pastries Butter, margarine and oils Jam, honey Nut butters (e.g. almond, peanut) Plain lollies, boiled sweets	Pre-made meals (E.g. frozen meals) Canned meals, including soups Instant pastas or noodles (e.g. 2 minute noodles) Flavoured crisps or crackers (e.g. cheese flavoured) Yeast spreads (E.g. vegemite, marmite) Chocolate and chocolate-containing foods (e.g. Milo)







These are general guidelines, not all brands or food products will have phosphate additives. However, many pre-packaged foods do. You may also need to consider potassium and salt restrictions. A renal dietitian can help you choose the right food products. Ask your dialysis unit for a referral to a dietitian.

**5. Take your phosphate binders.** When taken together with food, these medications bind with the phosphate in the food. The binder then carries this phosphate along the gut and you pass it out in your bowel motions.

It is important:

- ✓ To take your binders with your meals and snacks.
- ✓ That binders should be taken just before (e.g. 10 minutes before) or with your meals.
- ✓ To ensure you are taking the right number of binders.
- ✓ Know how to take your binders. Some binders are swallowed, others are best chewed.



Take binders with these items	Foods that <u>do not</u> need binders
  <p>Animal based foods</p>  <p>Baked products (e.g. cakes)</p>	  <p>Fruits and vegetables</p>  <p>Breads, pasta, rice and cereals</p>

**Do you have trouble remembering to take your binders?** If you have trouble remembering to take your phosphate binders you could try:

- Setting alarms on your phone for your meal times
- Leaving notes on your fridge or in areas where you eat
- Leave binder bottles out in areas where you eat



**Name:**

**Dietitian:**

**Date:**

**Dietitian recommendations:**

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<b>Meal</b>	<b>When to take my binders</b>
<b>Breakfast</b>	
<b>Lunch</b>	
<b>Dinner</b>	
<b>Snacks</b>	