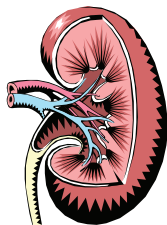


# Managing hypophosphataemia



After a kidney transplant blood phosphate levels usually fall below normal as phosphate is lost in the urine your new kidney produces. Low phosphate levels are called *hypophosphataemia*. This problem usually resolves soon after your transplant. However, for some people, it may persist for several months. Long term low phosphate levels can lead to bone disease, heart and respiratory problems and anaemia, so must be corrected.

## Phosphate

Phosphorus is a mineral found mainly in your bones and, together with calcium helps to keep your bones strong. It is also found in your blood as phosphate.

To help normalise your blood phosphate levels, take the phosphate supplement prescribed by your doctor and eat foods which are rich in phosphorus. A healthy, balanced diet containing adequate amounts of protein will provide plenty of phosphorus.

### *A healthy, balanced diet after your transplant*

The foods in **bold type** in the table below are rich sources of phosphorus. If you are eating adequate servings of these foods you should meet your phosphorus requirements. However your dietitian can give you more individualised advice.

Food group	Servings per day	Serving size
Wholegrain/ cereal products	4-8	1 slice bread ½ cup cooked rice, pasta, noodles, oat porridge, wholegrain breakfast cereal
Vegetables	5+	½ cup cooked vegetables 1 cup salad vegetables
Fruit	2-3	1 medium piece or 1 cup chopped fruit
<b>Milk, yoghurt, cheese</b>	2-3	1 cup reduced or low fat milk or yoghurt 30g reduced fat cheese
<b>Meat, poultry, fish, legumes, tofu, eggs</b>	2	100g cooked lean meat or chicken 120g fish 120g tofu 1 cup legumes (beans, lentils, chickpeas) 2 eggs
<b>Nuts/seeds</b>	1	30g (small handful)

*NOTE: The actual amount you should eat depends on your body size, whether you are male or female, whether or not you need to lose weight and so on. Your dietitian will be able to advise you.*

This fact sheet is based on the *Evidence-based Guidelines for the Nutritional Management of Adult Kidney Transplant Recipients*, developed with funding from the NSW Agency for Clinical Innovation (formerly GMCT). The information has been independently reviewed by the Dietitians Association of Australia. For expert nutrition and dietary advice contact an Accredited Practising Dietitian. Visit 'Find an Accredited Practising Dietitian' at [www.daa.asn.au](http://www.daa.asn.au) or call 1800 812 942.