

PHOSPHATE



Phosphate is a mineral stored in the bones. It is found in a wide variety of foods and is normally excreted by the kidneys in urine.



If your kidneys don't work properly, blood phosphate levels will increase.



If your levels become too high (>1.7mmol/l) you may:

- have itchy skin or red itchy eyes
- have weakened or sore bones and aching joints
- cause damage to your heart and blood vessels



Both dialysis and taking your phosphate binders as prescribed will remove some phosphate, however your diet also helps controls phosphate levels.

**** It is therefore important to watch what you eat****

Making a few simple changes to the foods you choose can make a big difference to the amount of phosphate you eat. Try choosing lower phosphate items for meals and snacks.

Breakfast Ideas

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|-------------------------|---|---|
| ✗ Bran flakes, All bran | → | ✓ Rice krispies, cornflakes, porridge |
| ✗ Omelette | → | ✓ English muffin, crumpet |
| ✗ Full cooked breakfast | → | ✓ A roll with either sausage, egg or bacon (occasionally) |
| ✗ Boiled egg & toast | → | ✓ Marmalade on toast, pancake, croissant |
| ✗ Glass of milk | → | ✓ Cup of tea |



Lunch Ideas

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|------------------------------------|---|--|
| ✗ Oxtail or game soup | → | ✓ Chicken or vegetable soup |
| ✗ Cheese toastie | → | ✓ Ham toastie |
| ✗ Brown bread or roll with cheddar | → | ✓ White bread, roll or baked potato with coleslaw, ham, brie, salad, hummous, egg mayo, coronation chicken or tuna |



Dinner Ideas

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|---|---|--|
| ✗ Pepperoni pizza, spaghetti bolognese | → | ✓ Risotto |
| ✗ Macaroni cheese | → | ✓ Pasta & tomato sauce |
| ✗ Chicken korma | → | ✓ Vegetable curry |
| ✗ Scrambled egg or baked beans on toast | → | ✓ Chicken sandwich, spaghetti on toast |
| ✗ Mackerel | → | ✓ Haddock |



Snack Ideas

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|-------------------------------|---|---|
| ✗ Peanuts | → | ✓ Plain popcorn |
| ✗ Milk chocolate | → | ✓ Cream or plain biscuits |
| ✗ Scone | → | ✓ Fruit pie, pavlova, apple, pear, doughnut |
| ✗ Custard, ice cream, yoghurt | → | ✓ Jelly, sorbet |
| ✗ Cola drinks | → | ✓ Lemonade |

What are E-Numbers?

E-numbers are food additives that are ingredients added to foods for several reasons, for example to increase their shelf life or to enhance their flavour. Many **E-numbers** are phosphate-based which are potentially damaging for kidney patients.

E450

Diphosphates: Cakes, instant mashed potato & cheese.



E1410

Monostarch Phosphate: Ice cream, pizza, battered fish, salad dressings.

E451

Triphosphates: Fish fingers.

E338

Phosphoric Acid: Beer, processed meat, e.g. sausages, sweets, cakes, chocolate, carbonated beverages, jams, vegetable fats & oils.

E452

Polyphosphates: Dried foods, & desserts.

E338

Phosphoric Acid: Beer, processed meat, e.g. sausages, sweets, cakes, chocolate, carbonated beverages, jams, vegetable fats & oils.

E341

Calcium Phosphates: Self-raising flour, cake-, cookie- & pancake-mixes, powdered milk drinks, cake mixes, instant pasta & sauces.

E342

Ammonium Phosphates: Baked goods, alcoholic beverages, condiments, puddings, baking powder, frozen desserts, margarine, whipped toppings, & yeast food.

E343

Magnesium Phosphates: Salt substitutes, sweetened coconut & prepared mustard.



E540

Dicalcium Diphosphate: Cupcake mixes, pie tops, instant pastas and sauces, muesli bars, ice-cream & instant soups.

E541a

Sodium Aluminium Phosphate (acidic): Cakes & dry prepared mixes, e.g. cake & pancake.

E541b

Sodium Aluminium Phosphate (alkaline): Baked and bakery goods & processed cheese.



E1413

Phosphated Distarch Phosphate: Batters for frozen foods, puddings, desserts, custards, sauces, mayonnaise, salad dressings, pies and fillings, instant beverages, dried foods, drinking yoghurt, flavoured milk, whipped creams, coffee, pre-cooked pastas and noodles, starch based puddings, i.e. tapioca & rice pudding, confectionary.



If you are unsure or would like further information, please contact your renal dietitian