

# 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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| <ul style="list-style-type: none"> <li>✗ Bran flakes, All bran</li> <li>✗ Omelette</li> <li>✗ Full cooked breakfast</li> <li>✗ Boiled egg &amp; toast</li> <li>✗ Glass of milk</li> </ul> |  | <ul style="list-style-type: none"> <li>✓ Rice krispies, cornflakes, porridge</li> <li>✓ English muffin, crumpet</li> <li>✓ A roll with either sausage, egg or bacon (occasionally)</li> <li>✓ Marmalade on toast, pancake, croissant</li> <li>✓ Cup of tea</li> </ul> |
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## Lunch Ideas

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| <ul style="list-style-type: none"> <li>✗ Oxtail or game soup</li> <li>✗ Cheese toastie</li> <li>✗ Brown bread or roll with cheddar</li> </ul> |  | <ul style="list-style-type: none"> <li>✓ Chicken or vegetable soup</li> <li>✓ Ham toastie</li> <li>✓ White bread, roll or baked potato with coleslaw, ham, brie, salad, hummous, egg mayo, coronation chicken or tuna</li> </ul> |
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## Dinner Ideas

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| <ul style="list-style-type: none"> <li>✗ Pepperoni pizza, spaghetti bolognise</li> <li>✗ Macaroni cheese</li> <li>✗ Chicken korma</li> <li>✗ Scrambled egg or baked beans on toast</li> <li>✗ Mackerel</li> </ul> |  | <ul style="list-style-type: none"> <li>✓ Risotto</li> <li>✓ Pasta &amp; tomato sauce</li> <li>✓ Vegetable curry</li> <li>✓ Chicken sandwich, spaghetti on toast</li> <li>✓ Haddock</li> </ul> |
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## Snack Ideas

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| <ul style="list-style-type: none"> <li>✗ Peanuts</li> <li>✗ Milk chocolate</li> <li>✗ Scone</li> <li>✗ Custard, ice cream, yoghurt</li> <li>✗ Cola drinks</li> </ul> |  | <ul style="list-style-type: none"> <li>✓ Plain popcorn</li> <li>✓ Cream or plain biscuits</li> <li>✓ Fruit pie, pavlova, apple, pear, doughnut</li> <li>✓ Jelly, sorbet</li> <li>✓ Lemonade</li> </ul> |
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## 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.

**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