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

- Bran flakes, All bran
- Omelette
- Full cooked breakfast
- Boiled egg & toast
- Glass of milk

### Lunch Ideas

- Oxtail or game soup
- Cheese toastie
- Brown bread or roll with cheddar

### Dinner Ideas

- Pepperoni pizza, spaghetti bolognaise
- Macaroni cheese
- Chicken korma
- Scrambled egg or baked beans on toast
- Mackerel

### Snack Ideas

- Peanuts
- Milk chocolate
- Scone
- Custard, ice cream, yoghurt
- Cola drinks

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.
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.

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

Polyphosphates: Dried foods & desserts.

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

Diphosphates: Cakes, instant mashed potato & cheese.

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

Triphosphates: Fish fingers.

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

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

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

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

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

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

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.