

Patient Information

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This is a smokefree Trust. Smoking is not allowed in any of our hospital buildings or grounds.

The Trust will not tolerate aggression, intimidation or violence

Phosphate lowering dietary advice

The information contained within this diet sheet is intended to be used alongside the tailored dietary advice provided by your dietitian

Why you need to follow a low phosphate diet

Healthy kidneys usually filter and get rid of excess phosphate in the blood. If your kidneys are not working properly, phosphate can build up in the blood. This can cause red eyes and itchy skin in the short term. Over a longer period of time it will result in weaker bones, aching joints and hardened blood vessels, increasing your risk of heart disease and heart attack.

Diet is one way to help control your blood phosphate level. A low phosphate diet is outlined overleaf.

You may also be requested to take medication known as phosphate binders. It is important that you know when and how to take these medications and your dietitian/medical team can advise you.

You should only follow a low phosphate diet if you have been advised to do so by a qualified health professional.

If you are following any other dietary restrictions, discuss with your dietitian how to also restrict your phosphate intake while following these other restrictions.

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Reducing your intake of high phosphate foods

Food group	Reduce intake of	Lower phosphate alternatives
Meat and meat products	Offal, liver, ham and pâté	Bacon, beef, chicken, duck, gammon, lamb, pork, rabbit, salami, turkey, pork pie, meat pie, veal, venison
Fish, seafood and shellfish	Carp, clams, fresh crab, crayfish, fish paste, fish roe, monkfish, mussels, oysters, pilchards, sardines, scampi, seabass, taramasalata, whitebait	Crab sticks, salted fish, scallops, tinned crab, fresh and tinned tuna, tinned salmon, winkles
Non-meat protein sources	Aduki beans, baked beans, hummus, nuts (all), red kidney beans, pinto beans, seeds (all), soya beans, Quorn	Egg white Limit eggs to 4 per week. If vegetarian, eat beans and lentils as usual.
Dairy foods	Cheese spread (e.g. Dairylea, Primula), processed cheese, condensed milk, evaporated milk, milk-based sauces, coconut milk/cream, instant pasta and sauces	Cream cheese, crème fraiche, cream, soured cream, unfortified soya/rice/oat milk. Milk intake should not exceed half a pint per day or equivalent. 30g (1oz) of hard cheese or one pot of yoghurt is equivalent to one third of a pint of milk.
Starchy foods	Crumpets, naan, rye flour, self-raising flour, baking powder, brown rice, macaroni cheese, oven chips, potato waffles, pot noodle, quinoa, All Bran, bran flakes, muesli, Readybrek	Cornflour, cream crackers, croissant, English muffins, pitta bread, water biscuits, white bread, plain flour, cassava, potatoes (boiled, baked, mashed, roast), rice noodles, sweet potatoes, white rice, yam, cornflakes, puffed rice, Special K, puffed wheat
Savoury snacks	Bombay mix, nuts, seeds, Twiglets, Marmite, Bovril	Breadsticks, corn snacks, crisps, popcorn, prawn crackers
Sweet foods	Chocolate (all types), fudge, chocolate/sweets/cakes/biscuits with nuts, scones, oatcakes, rock cakes, scotch pancakes, waffles, yoghurts, custard	Jam, marmalade, honey, sweets, jellies, fruit gums, mints, marshmallow, turkish delight, cream cakes, doughnuts, jam tarts, plain biscuits, fruit crumble, meringue
Drinks	Bovril, dark fizzy drinks, e.g. cola; Dr Pepper, malted milk drinks, e.g. Ovaltine; Horlicks, hot chocolate, milky coffee, lager, stout	Coffee, fruit juice, light coloured fizzy drinks, e.g. lemonade; orangeade, Oxo, squash/cordial, tea, water, cider, sherry, spirits, wine

For more information, please contact:
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