

Department of Nutrition and Dietetics

Renal Disease: Getting started on a low phosphate diet

Introduction

You have been advised to follow a low phosphate diet as your blood levels of phosphate are high. High levels of blood phosphate can cause itching, red eyes, hardening of arteries, bone and joint pain.

Phosphate is found naturally in a wide range of foods and can also be added to food during manufacturing. The following advice should help you reduce the phosphate content of your diet.

NB. If you have a poor appetite or are eating less than usual please ask your nurse to telephone the Renal Dietitians **before** following this advice.

Food item	Lower phosphate alternatives	High phosphate foods to reduce
Drinks	Lemonade, Fanta, ginger beer, Lilt, Ribena, Iron Bru, sparkling water, tea, soda water.	Dark coloured soft drinks e.g. Cola, Pepsi, Dr Pepper. Hot chocolate, Ovaltine, Horlicks, powdered milk, milkshakes. Beer, iced tea, drinking yogurt, Oasis.



Patient Information

Food item	Lower phosphate alternatives	High phosphate foods to reduce
Snacks	<p>Boiled sweets, fruit pastilles/gums.</p> <p>Homemade cakes and biscuits.</p> <p>Plain cake, jam Swiss roll, jam or treacle tart, meringue.</p> <p>Plain popcorn, potato hoops, bread sticks, corn snacks.</p>	<p>Chocolate, fudge, toffee, caramels, Indian sweets or snacks made from nuts/coconut.</p> <p>Nuts and seeds.</p> <p>Rock cakes, scones, American muffins</p> <p>Any cake or biscuit containing chocolate, nuts, seeds or marzipan.</p>
Dairy	<p>Organic rice or oat milk.</p> <p>Hard cheese - max of...../week</p> <p>Cream cheese e.g. Philadelphia.</p> <p>Cottage or ricotta cheese.</p>	<p>Milk: up to ½ pint (250ml) per day</p> <p>Yogurt (substitute ¼ pint milk for 125g pot).</p> <p>Cheese spreads e.g. Primula, Dairylea Processed cheese, e.g. cheese slices.</p>
Meat/fish	<p>Fresh chicken, turkey, beef, lamb, pork, homemade beef burgers / meatballs.</p> <p>Fresh fish, tinned fish without skin and bones.</p>	<p>Processed chicken, sausages, bacon, ham, salami, frozen beef burgers, tinned meats. Offal.</p> <p>Tinned fish containing skin or bones.</p> <p>Fresh crab, scampi, cod roe, fish paste</p>

Swapping from processed foods to fresh foods can really make a difference;

- Processed meat can contain nearly 70% more phosphate than fresh;
- Reducing your intake of processed food helps reduce your salt intake too!

Patient Information

Phosphate Binders

You may be prescribed tablets called phosphate binders that, along with a low phosphate diet, help reduce the levels of phosphate in your blood. Examples include, Renacet, Phosex, Renegel and Renvela (with food), Calcichew (before food) and Fosrenol (after food). These work by soaking up some of the phosphate from the food in our stomach so it is not absorbed. Ask your dietitian or doctor for further information about these.

Warning – Star fruit contains a chemical which can be extremely dangerous to people with kidney problems; they should be avoided.

Further Information

If you have any questions or require further information, please contact the Renal Dietitians on 024 7696 6151.

Produced by Coventry Renal Dietitians, University Hospitals Coventry & Warwickshire NHS Trust.

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Document History

Department:	Dietetics
Contact:	26151
Updated:	May 2021
Review:	May 2023
Version:	4.1
Reference:	HIC/LFT/1465/12