

Main sources of phosphate in foods

This is a quick first aid guide to a low phosphate diet. It is not a substitute to speaking to a renal dietitian to get more detailed and individualised information.

Processed foods often have phosphate added to them when they are made. If you eat a diet high in processed foods, you will likely be eating a lot of phosphate additives. Your body easily absorbs this type of phosphate from your food and can add to how high your levels are.

Foods that *may* contain phosphate additives include:

- **Processed meats**
 - cold meats including ham, chicken, beef, lunch tongue and turkey
 - burgers and sausages
- **Processed cheese**
 - Including sliced and spreadable cheese
 - For example processed cheese slices, dairylea, laughing cow, primula
- **Products coated with batters or breadcrumbs**
 - For example battered or breadcrumbed chicken or fish
- **Dark coloured fizzy drinks – cola, pepsi, root beer**
- **Instant sauces**
 - Instant cheese sauces, instant dessert mixes, instant cheesy pastas
- Frozen potato products
- Shop-bought bakery items
 - Pancakes, crumpets, scones, sponge cakes, cake mixes

Look at the ingredients list on food packaging to check if phosphate additives are added. Avoid foods with the following words listed: 'phosphate', 'polyphosphate', 'diphosphate', 'triphosphate' or 'phosphoric acid' or that contain E-numbers - E338, E339, E340, E341, E343, E450, E451, E452, E541.

Other sources of naturally occurring phosphate in the diet:

	Foods high in Phosphate	Alternative choices
Dairy	* milk, cheese, yoghurts, eggs, ice cream, milky puddings *The dietitian will give you allowances of these foods	Milk substitute – mix double cream & water as a tea or coffee whitener Cream cheese
Protein foods	liver, kidney, pate, pigeon, haggis	Beef, lamb, pork, chicken, turkey, rabbit
Fish	Whitebait, pilchards, sardines, herring, kippers, monkfish, sprats, scampi, calamari, oysters, cod roe, fresh crab	White fish, tuna, salmon, scallops, prawns
Starchy foods	Cereals or cereal bars containing nuts or chocolate Biscuits containing nuts or chocolate Scones or American-style pancakes Rye crispbread, potato scones	All other cereals All bread products Digestives, rich tea, shortbread Rice, pasta, noodles, cous cous Potatoes
Miscellaneous	milk chocolate, nuts, Bombay mix, baking powder, cocoa, marzipan, Horlicks, Marmite, rye flour, coconut and coconut milk	Plain chocolate, boiled sweets, jelly sweets, mints, chewing gum