

## 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:

	<b>Foods high in Phosphate</b>	<b>Alternative choices</b>
<b>Dairy</b>	* 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
<b>Protein foods</b>	liver, kidney, pate, pigeon, haggis	Beef, lamb, pork, chicken, turkey, rabbit
<b>Fish</b>	Whitebait, pilchards, sardines, herring, kippers, monkfish, sprats, scampi, calamari, oysters, cod roe, fresh crab	White fish, tuna, salmon, scallops, prawns
<b>Starchy foods</b>	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
<b>Miscellaneous</b>	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