

Phosphate

What is phosphate?

Phosphate is a mineral that keeps your bones and teeth strong. When your kidneys are not working properly, the level of phosphate in your blood can increase.

When phosphate is high in your blood it binds to calcium and causes a chalk like build up in blood vessels and other parts of the body. This can lead to brittle bones and heart disease.

How is blood phosphate controlled?

1. Medication

Phosphate binder medication helps to lower your blood phosphate levels by binding to the phosphate in your food so less is absorbed into the bloodstream.

Common phosphate binders:

Caltrate	600mg calcium carbonate	Swallow
Calsup	500mg calcium carbonate	Chew
Alutabs	Aluminium hydroxide	Swallow
Renagel	Sevelamer hydrochloride	Swallow
Fosrenol	Lanthanum carbonate	Chew
Velphoro	Sucroferric oxyhydroxide	Chew

2. Take phosphate binders with food

To work properly, phosphate binders must be taken **just before every meal or snack** food high in phosphate.

Missing your phosphate binders, even once or twice, can quickly result in high blood phosphate levels. Speak to your renal unit if you are unsure about your binders.

3. Avoiding phosphate additives

Processed and packaged foods contain hidden phosphate additives that are easily absorbed. These additives can be identified by their code number listed in the product ingredients.

Phosphate additives include: 101, 339, 340, 341, 342, 343, 450, 451, 452, 541, 542, 1410, 1412, 1413, 1414, and 1442

To avoid phosphate additives it is best to cook your food from fresh ingredients and limit processed and takeaway foods. Fruits and vegetables are a great snack idea as they do not contain phosphate. Your Dietitian can help you choose the most appropriate fruits and vegetables.

4. Try to avoid higher phosphate foods

	Lower Phosphate Foods	Higher Phosphate Foods
<p>Dairy products</p> <p>Limit to 2 serves per day</p>	<ul style="list-style-type: none"> • Milk • Yoghurt/custard • Cottage/ ricotta/ cream cheese • Dairy desserts as occasional foods: ice cream, creamed rice 	<ul style="list-style-type: none"> • Processed cheeses: spreads, slices • Hard cheeses: cheddar, parmesan • Malted drinks, hot chocolate • Milk powder • Condensed milk
<p>Meat</p>	<ul style="list-style-type: none"> • Lean meats: chicken, pork, beef, lamb, mince 	<ul style="list-style-type: none"> • Processed/packaged meats: ham, spam, tinned meats, sausages, bacon • Offal: liver, kidney, pate
<p>Fish</p>	<ul style="list-style-type: none"> • Tinned tuna or salmon • Fresh white fleshed fish: flake, perch, cod 	<ul style="list-style-type: none"> • Darker fleshed fish or fish with edible bones: sardines, herrings, snapper, fresh tuna, trout • Shellfish • Prawns • Oysters • Mussels • Fish paste
<p>Meat alternatives</p>	<ul style="list-style-type: none"> • Eggs • Legumes/lentils/beans • Tofu 	<ul style="list-style-type: none"> • Seeds • Almonds and other nuts • Nut products: peanut butter
<p>Cereals</p>	<ul style="list-style-type: none"> • Weet-Bix • Rice Bubbles • Special K 	<ul style="list-style-type: none"> • All Bran • Muesli
<p>Treat food & drinks</p>	<ul style="list-style-type: none"> • Water crackers • Plain sweet biscuits/cake • Shortbread • Lollies • Jam/marmalade • Non-cola soft drink • Weak instant coffee, Tea • Cordial • Wine • Spirits 	<ul style="list-style-type: none"> • Chocolate • Scones • Crumpets • Pancakes • Potato chips • Pies/sausage rolls/pastry items • Takeaway foods • Cola • Sarsaparilla • Flavoured milk • Milk coffee: cappuccino, latte, flat white, iced coffee, flavoured milk • Instant sachets: coffee/ mocha/ chai latte • Beer



Sample meal plan: How to match phosphate binders with food

	Meal Ideas	Phosphate Binders
Breakfast		
Morning tea		
Lunch		
Afternoon tea		
Dinner		
Supper		

Things I can do to improve my blood phosphate

1. _____
2. _____
3. _____
4. _____

For further information contact your Dietitian or Nutritionist: _____