

PHOSPHORUS ADDITIVES IN FOOD & DRINKS

Knowing which foods and drinks contain phosphorus additives can help you to eat and drink less phosphorus. Eating and drinking less phosphorus can help keep your blood phosphate at a safe level.

What are phosphorus additives?

Phosphorus additives are found in most processed foods. Additives are used by food manufacturers during processing to give food and drinks flavour, preserve taste and texture, give colour and keep them fresh for longer.

Why do I need to know about phosphorus additives?

Phosphorus additives can increase the amount of phosphate in your blood. This is because they are in a form that is very easily absorbed by your body.

Phosphorus can also be naturally found in some foods. This natural phosphorus is absorbed less by the body.

It is not always possible to avoid all processed foods. While some processed foods are high in salt and sugar, others can be convenient and healthy as part of a balanced diet.

That is why it is important to get to know which foods and drinks are high in phosphorus additives so that you can reduce how much phosphorus you eat and drink.



FINDING PHOSPHORUS ADDITIVES

It is not easy to know if a food or drink has phosphorus in it. Food manufacturers are not required to list the amount of phosphorus (in milligrams) it contains on the nutrition information label.

The only place you can identify if a product contains phosphorus additives is by reading the ingredient list. Additives are listed by 'E-number' or name in the ingredient list. Only certain E-numbers contain phosphorus.

Read the food or drink label ingredient list

The best way to avoid phosphorus additives is to read the ingredient list on a product label. Every food item must have an ingredient list found on the back of the food and drink packaging. The ingredient list can be written quite small, so look carefully!

FOR EXAMPLE



Ingredients: Chicken, Water, Flour (Wheat, Maize), Maize Starch, Sunflower Oil, Potato Starch, Wheat Semolina, Wheat Gluten, Soy Protein, Salt, Breadcrumbs (Wheat Flour), Maize Polenta, Mineral Salts (450,451,452,508), Raising Agents (500,541), Yeast Extract, Thickener (412), Dextrose, Acidity Regulator (330,327), Spice, Spice Extract

Tip: cut out this card and keep it in your wallet to help identify phosphorus additives when you are out shopping!



PHOSPHORUS ADDICTIVE E-NUMBERS IN NZ MANUFACTURED FOODS

101	452
322	541
338	542
339	627
340	631
341	635
342	1410
343	1412
442	1413
450	1414
451	1442