

## Watching your Phosphate

Renal diet information from Edinburgh Royal Infirmary, [www.edren.org](http://www.edren.org)

Not all patients with kidney disease need to cut down on phosphate. Even on dialysis, a few lucky people don't. If you don't need to – don't! Most people only need to adjust their phosphate intake when they have quite severe kidney disease.

High phosphate levels can cause bone disease, itching, and calcium deposits in arteries and elsewhere. Blood tests show your level – the target is below 1.8mmol/l.

This information sheet is a quick guide to foods that are high in phosphate. It is not a substitute for speaking to a renal dietitian, who will look at your whole diet, not just the phosphate.

**Further information** – Go to [www.edren.org](http://www.edren.org) and click on 'EdRenINFO' at the top right. Then click on 'Diet in kidney disease'.

### Main sources of dietary phosphate

Foods high in Phosphate	Alternative choices
<b>Dairy*</b> – milk, cheese, yoghurts, eggs, ice cream  *The dietitian will give you allowances of these foods	Milk substitute – e.g. double cream & water Soft cheese or cheese spread Double cream
<b>Meat</b> – liver, kidney, pate, game	Beef, lamb, pork, chicken, turkey, rabbit
<b>Fish</b> – shell fish, kippers, whitebait, roe	White fish, fish fingers/cakes, tuna, salmon
<b>Breakfast cereals</b> – Cereals containing bran, nuts or chocolate	All other cereals
<b>Biscuits / Cakes</b> – chocolate biscuits, oatcakes, scones, flapjacks, rye crisp bread	Cream crackers, water biscuits, digestives, rich tea, shortbread, crumpet, pancake, doughnuts, jaffa cakes, pastries
<b>Miscellaneous</b> – milk chocolate, nuts, baking powder, cocoa, marzipan, Horlicks, Marmite	Plain chocolate, boiled sweets, jelly sweets, mints, chewing gum

Diet alone is rarely enough, and almost all patients with high phosphate levels will also need to take **Phosphate binders** too – see overleaf.

## Phosphate binders

It is important to take these at just the right time – immediately before eating foods high in phosphate, whether these are meals or snacks. Taken at other times they will not work.

The following table gives a quick guide to some of the binders you may be given:

### PHOSPHATE BINDING MEDICATION

 A green and red capsule with '3M' on the green part and 'MIC' on the red part.	Alucap (Aluminium Hydroxide) Green & red capsule	Swallow
 A white, round tablet.	Calcichew (Calcium Carbonate) White, round tablet	Chew
 A pink, oval tablet.	Calcium 500 (Calcium Carbonate) Pink, oval tablet	Swallow
 A white, oval tablet with 'PHOS EX' embossed on it.	Phosex (Calcium Acetate) White, oval tablet	Swallow
 A white, oval capsule with 'RENAGEL 800' embossed on it.	Renagel 800mg (Sevelamer) White, oval capsule	Swallow
 A white, round tablet with 'TC' embossed on it.	Titralac, (Calcium Carbonate) White, round tablet	Swallow