

High in phosphate additives

These foods and drinks may contain phosphate additives - check the label and avoid or limit your intake of these foods and drinks

Meat



Takeaway foods

Frozen beef burgers



Processed chicken products

Sausages



Bacon

Ham



Salami



Tinned meats



Fish



Shellfish

Processed fish products



Fish paste



Eggs

Some baked egg products



Drinks

Dark colored fizzy drinks



Chocolate or malt-based drinks



Bakery*



Crumpets

Muffins



Scones



Pastries

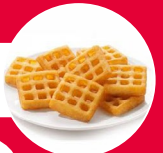


Tortillas/wraps/
naan bread

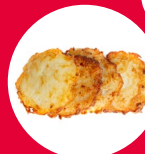


Starchy foods

Potato waffles



Potato cakes



Instant pasta/noodles



Dry product mixes

Cake/biscuit/pancake/
dessert mixes



Packet sauces



Dairy

Processed cheese
slices/strips



Spreadable cheese



Ultra-High Temperature
(UHT) milk products



Evaporated milk



Please check with your Dietitian/Doctor whether the foods you have chosen are suitable for you. Your Dietitian/Doctor will advise you about your diet and it is important that you follow this advice.

*These products contain baking powder which is high in added phosphate.

High in natural phosphate

These foods and drinks are high in natural phosphate. While some of these foods contain important nutrients that are good for you, the amount you have may need to be reduced. Your dietitian or doctor will advise you how much you can have.

Meat



Fresh, unprocessed beef/lamb/pork/duck/turkey**

Fresh chicken**



Fish



Fresh, unprocessed cod/haddock/salmon/tuna

Tinned salmon/tuna/mackerel/sardines/pilchards***



Homemade fish fingers/fish cakes

Breakfast cereals



Chocolate-based cereal

Nut-based cereal



Drinks



Fortified soya milk

Spreads & dips



Nut butter

Chocolate spread



Bakery*



Baked goods made with chocolate

Baked goods made with nuts



Eggs



Egg yolk

Dairy

Hard cheese Cheddar or similar



Yogurt



Ice cream



Cow's milk



Condensed/dried milk**



Seeds[†]



Pumpkin/sesame/sunflower/tahini paste

Nuts[†]

Almonds/Brazil nuts/hazelnuts/peanuts/walnuts



Please check with your Dietitian/Doctor whether the foods you have chosen are suitable for you. Your Dietitian/Doctor will advise you about your diet and it is important that you follow this advice.

*Check the label to see if the food contains baking powder or phosphate additives.

**May contain phosphate additives.

***Without bones and skin.

†For babies, nuts and seeds should be ground or given as nut butter.

Whole nuts should not be given to children under 5 years of age.

Lower phosphate alternatives

These foods and drinks are lower in phosphate and are good choices to have

Plant-based protein



Tofu/Quorn®/textured soya protein/soya veggie burger

Pulses/lentils/
kidney beans/chickpeas



Breakfast cereals



Porridge oats/rice and wheat-based cereals

Eggs

Egg whites



Spreads & dips



Biscuit spread/jam/
marmalade/syrup/honey†

Homemade natural yogurt/
soured cream/salsa/veg dips



Drinks



Light colored fizzy drinks

Water/diluted fruit squash,
cordials/diluted cow's milk



Bakery

with phosphate free raising agents*



Croissants

Plain cakes



Plain or jam/cream
filled biscuits



Wholemeal bread/white
bread/pitta bread/chapattis



Cream crackers



Starchy foods

Fresh potatoes



Homemade chips/
wedges/roast potatoes



White/wholemeal pasta



Rice/couscous



Noodles



Dairy

Cottage/cream/ricotta cheese



Cream/soured cream
Crème fraiche



Don't forget to include fruit and vegetables in your diet

Please check with your Dietitian/Doctor whether the foods you have chosen are suitable for you. Your Dietitian/Doctor will advise you about your diet and it is important that you follow this advice.

* A phosphate free raising agent can be made using cream of tartar and sodium bicarbonate in place of baking powder. This may not be suitable if you are also restricting potassium intake.

†Honey is not suitable for children under 1 year of age.