

Department of
Nutrition & Dietetics

Controlling Phosphate Intake



Phosphate

Phosphorus (from phosphate), together with calcium, is needed in the body to build strong bones and teeth. When your kidneys are not working properly, phosphate may build up in your blood. High blood phosphate levels can draw calcium out of your bones, making them weak and brittle. Calcium can collect and form in your skin, blood vessels, lungs, eyes and heart. This can cause itching, hardening of the arteries and damage to organs.

If your blood phosphate levels are high, it is important to limit your intake of high phosphate foods and choose lower phosphate alternatives. It is also important to take your phosphate binders (if prescribed by your doctor) with your meals as they help to reduce the amount of phosphate your body absorbs from the foods taken.

1. Rice and Alternatives *



High phosphate foods



Brown rice



Lower phosphate alternatives



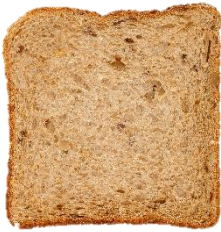
White rice

*You may be allowed to include some high fibre options as part of healthy eating. Please discuss this with your dietitian.

1. Rice and Alternatives *



High phosphate foods



Wholemeal/multigrain bread



Wholegrain cereals, cereals containing bran/nuts/seeds



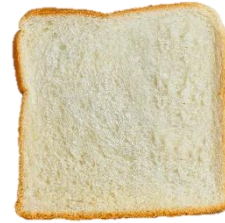
Muesli and oats



Wholemeal/oatmeal biscuits, biscuits containing nuts/seeds/chocolate



Lower phosphate alternatives



White bread



Cornflakes



Plain biscuits (e.g. cream crackers, water crackers)

2. Dairy Products (Allowed One Serving Per Day)



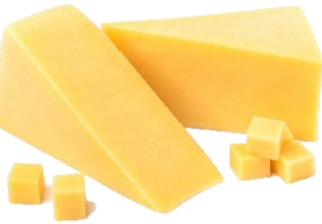
High phosphate foods



Milk



Yoghurt



Hard cheeses
(e.g. cheddar, parmesan)



Processed cheeses and
cheese spreads



Lower phosphate alternatives



Soft cheeses
(e.g. cottage, cream, ricotta)

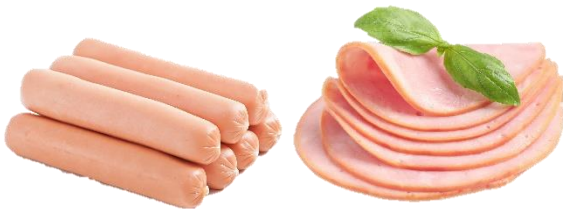
3. Meat and Alternatives



High phosphate foods



Organ meats (e.g. liver, kidney)



Processed meats
(e.g. sausage, ham)



Fish paste (e.g. fishball, fishcake)



Fish with edible bones
(e.g. canned sardines)

Roe, shellfish
(e.g. crabs, clams, mussels, oysters)



Lower phosphate alternatives



Lean meats
(e.g. chicken, pork, beef, mutton)



Fish



Prawns

Scallops



Canned tuna and salmon

3. Meat and Alternatives



High phosphate foods



Egg yolk



Nuts and seeds



Dried shrimps and dried anchovies (ikan billis)



Bone-based soups/stocks/broths



Lower phosphate alternatives



Egg white



Beans, lentils and chickpeas



Tofu

4. Beverages



High phosphate foods



Cola (e.g. Coca-Cola, Pepsi),
isotonic drinks (e.g. 100 Plus,
H-Two-O)



Cocoa and malted beverages
(e.g. Milo, Ovaltine, Horlicks)



3-in-1 instant beverages



Non-dairy creamers



Lower phosphate alternatives



*Non-cola soft drinks (e.g. soda
water, root beer, ginger ale)



*Cordials/syrups



Black coffee and plain tea

5. Others



High phosphate foods



Chocolate



Chocolate spread



Peanut butter



Meat and yeast extract (e.g. Bovril, Marmite and Vegemite)



Ice cream



Frozen yoghurt



Coconut flesh, milk and cream



Condensed and evaporated milk



Lower phosphate alternatives



*Popcorn



Butter and margarine



*Jam



*Marmalade



*Sorbet



*Fruit popsicles

*These food items may not be suitable for you if you are an individual living with diabetes

Phosphate Additives

Food manufacturers often use additives to help preserve food and enhance its flavour. Phosphate from food additives is more readily absorbed as compared to phosphate found in fresh foods.

- ✓ Check the ingredient list for “phos” (e.g. phosphoric acid, calcium phosphate).



- ✓ Identify them by their code number listed in the product ingredients. These include E101 (ii), E322, E338, E339, E340, E341, E342, E343, E383, E442, E450, E451, E451, E452, E480, E541, E542, E1410, E1412, E1413, E1414 and E1442.

To avoid phosphate additives, it is best to use fresh ingredients when cooking, and limit your consumption of processed and takeaway foods.

You are advised to consult a dietitian for a more comprehensive nutritional assessment and individualised dietary advice to support your kidney conditions.

Clinics B2
TTSH Medical Centre, Level B2
Contact:
6357 7000 (Central Hotline)



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