

• 1ST LINE ADVICE •

REDUCING PHOSPHATE INTAKE



CHOCOLATE

Avoid chocolate and foods & drinks containing chocolate



DAIRY FOODS

Keep dairy intake (e.g. milk, cheese, yogurt) to 250mls per day and to mealtimes. Divide the 250mls dairy across mealtimes



DARK FIZZY DRINKS

Avoid dark fizzy drinks such as cola, Dr Pepper and Pepsi



Read the ingredients on food packages - if you see words containing 'phos' avoid buying these

Avoid buying foods which contain the following additives as these contain phosphate:

E338 E339 E340 E341 E343 E450 E451 E452 E541



PROTEIN

For example meat, fish, chicken, eggs, lentils



PALM SIZE PORTION OF PROTEIN

Keep the portions of protein to the size of your child's palm



TWO PORTIONS OF PROTEIN

Keep protein to two meals per day (e.g. lunch & dinner)