

Phosphate

In kidneys that are failing, phosphate may be unable to be removed by kidney and phosphate may build up in the blood.

High phosphate level will attract calcium from bone leading to weak and brittle bones. The hard calcium phosphate will settle in the soft tissues which cause itchiness, muscle aches, calcification of the heart, skin, joints, and blood vessels.

To control your phosphate level, you should avoid foods high in phosphate content or reduce their frequency and in small amount only.

When you have high phosphate level, **AVOID** High Phosphate Food as shown below.

Milk (200ml/ serving)	Bones (chicken wing or feet, soup stock)
Yogurt (150g/ serving)	Fish with edible bones (sardines)
Cheese (3 oz/ serving)	Organ meat (e.g. liver, kidney)
	Egg yolk
Legumes (e.g. Tofu, soybean milk)	Extracts (Marmite/Bovril)
Nuts and products (e.g. Peanut butter)	Anchovies (Ikan Bilis)
Seeds and products (e.g. Sesame oil)	Dried prawn
Coconut and products (e.g. coconut milk)	Dried fish
	Dried mushroom
Cola drinks/ Dark colored soda	Seaweed
Malted and cocoa based drinks	
Cheese, nut and chocolate based biscuit	Oats
	Muesli/ weetabix
Chocolate	Brown rice
Keropok (fish and prawn crackers)	Wholemeal/wholegrain bread/ biscuit

Dairy products are high in calcium and also phosphate content. So you can only have 1 serving of dairy product a day.

Important tip for better phosphate control!!

Don't forget to take your **phosphate binders** (calcium tablet) with meals and snacks. It will help in reducing the phosphate absorbed from your food.

You are taking ____ tablets of Phosphate binder a day.

For further information or enquiries, please contact your dietitian.