

# Phosphate

Phosphate is a mineral found in many foods. It is important for bone health. The recommended level of phosphate in blood is **3.5-5.5 mg/dL**.

## Why is phosphate control important?

In kidneys that are failing, phosphate may not be able to removed out of the body effectively. Thus, phosphate may build up in the blood overtime.

High phosphate level may cause:

- Itchy skin
- Joint and bone pain
- Brittle bone
- Hardening of blood vessel

## How to control phosphate level?



Comply with prescribed **Dialysis** treatment







Comply with prescribed dosage of **Drug** (phosphate binder)











Consume a **Diet** that is lower in phosphate


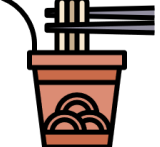


## Good practices for phosphate control:

### 1 Avoid processed foods at all times\*

  Cola-based beverages	  Clear coloured soda
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  Processed meat/ Fast food	  Fresh meat/ Freshly prepared meal
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  Potato chips/ French fries	  Fresh potato (beware of <i>high potassium content</i> )
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  Instant Noodles	  Bee hoon/ Kuey Teow
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*\*If unavoidable, boil the instant noodles/processed meat with water and drain it.*

**2** Avoid soup and additional gravy



**3** Avoid cartilage and soft bones



**4** Use wet cooking method for protein dish



**5** Make a swap for lower phosphate alternatives

Meat, Egg and Legumes Products

Egg (with yolk)	Egg white
Egg tofu	Bean curd
Red bean soup	Chng Tng
Organ meat	Fresh meat

Whole Grain, Nuts and Seeds Products

Brown rice	White rice
Whole meal bread	White bread
Peanut butter	Fruit jam
Sunflower seed	Unsalted popcorn

Dried Products/ Miscellaneous

Dried prawn/fish	Fresh prawn/fish
Dried mushroom	Canned mushroom
Fish crackers	Rice crackers
Seaweed	Unsalted popcorn

Cocoa, Malted and Dairy Products

Milk	Rice milk
Cheese	Margarine spread
Milo	Tea/Coffee without milk
Chocolate	Sugar-free hard candy

Coconut milk and products

Chendol	Grass jelly
Curry	Assam pedas

**Reminder**

For further information or enquiries, please contact your dietitian.