

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?

When kidneys do not work well, they are unable to remove excess phosphate properly, causing it to accumulate in the blood over time.

High phosphate levels may cause:

- Itchy skin
- Joint and bone pain
- Brittle bones
- Hardening of blood vessels

Good practices for phosphate control:

1 Limit ultra-processed foods



Cola-based beverages



Clear-coloured soda



Processed meat, fast food



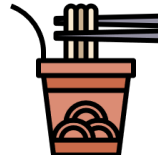
Fresh meat, fish and poultry



Potato chips, french fries



Boiled potatoes (beware of *high potassium content*)



Instant noodles



Bee hoon, kuey teow

How can you control your phosphate level?



Comply with prescribed **Dialysis** treatment



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



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

2 Avoid soup and gravy



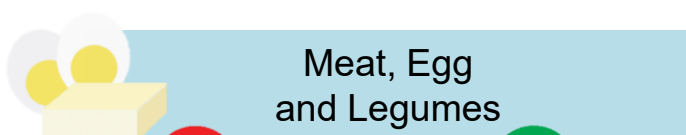
3 Avoid soft bones



4 Use wet cooking method for protein dish



5 Make a swap for lower phosphate alternatives



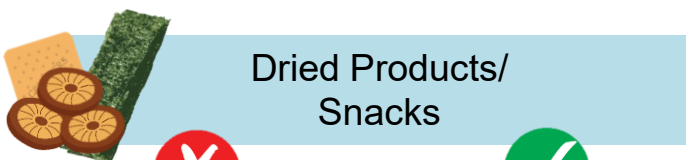
Meat, Egg and Legumes



Whole Grain, Nuts and Seeds

Egg yolk	Egg white
Egg tofu	Bean curd
Red bean soup	Chng tng
Organ meat	Fresh meat

Brown rice	White rice
Wholemeal bread	White bread
Peanut butter	Fruit jam
Sunflower seed	Original cornflakes



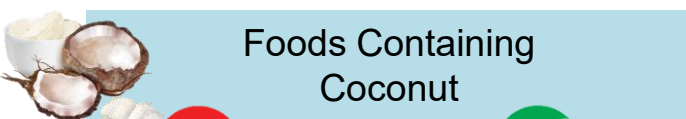
Dried Products/ Snacks



Cocoa, Malted and Dairy Products

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

Milk	Rice milk
Cheese	Soft margarine spread
Milo	Tea/coffee without milk
Chocolate	Sugar-free hard candy



Foods Containing Coconut

Chendol	Grass jelly
Curry	Assam pedas

Reminder

For further information or enquiries, please contact your dietitian.