

Foods high in Phosphate

✘ Avoid these Foods ✘



Hot chocolate, milky drinks, malted drinks e.g. Horlicks & Ovaltine



Cola



Cereals containing bran, nuts or chocolate e.g. muesli, Branflakes & All Bran



Offal e.g. Liver & Kidney



Paté



Bombay mix



Processed cheese e.g. Diarylea, Laughing Cow



Tinned fish with edible bones (e.g. Sardines & Pilchards)



Yeast extracts e.g. Marmite



Fudge



Chocolate



Instant noodles



Cereal bars containing nuts and chocolate



Nuts



Scones & chocolate muffins / cake (Foods containing baking powder)

✓ Lower Phosphate Foods to Enjoy ✓



White fish, fish fingers, tuna & salmon



Cereal not containing bran, chocolate or nuts
e.g. Cornflakes, Rice Krispies, porridge oats, Special K



Soft/ cream cheese
e.g. Philadelphia, supermarket branded cream cheese, cottage cheese



Pasta, Rice, bread, crackers & boiled potato



Plain biscuits e.g. Rich Tea, Digestive, shortbread, Jammy Dodgers, Custard Creams. Marshmallows, doughnuts, jam tarts, boiled sweets, mints, jelly sweets



Meat e.g. beef, chicken, lamb, pork & turkey

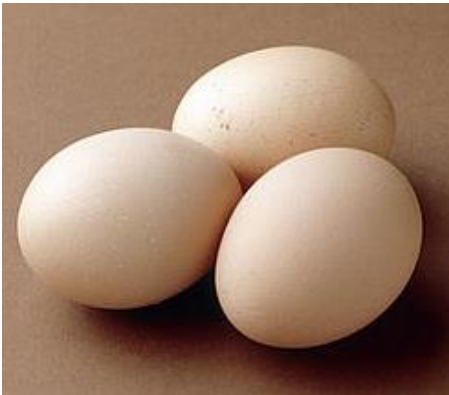


Tea, lemonade, Lucozade, diluted fruit squashes (not high juices)



Foods high in Phosphate

Limit these foods



Eggs
3-4 per **week**



Cheese
3-4oz or 90-120g
per **week**



Milk
Maximum $\frac{1}{2}$ pint or
280mls per **day**



Yogurt, custard and milk
puddings etc. should be
counted as part of your
milk allowance

