

Kidney Disease: Phosphate in Processed Foods

'This dietary advice sheet provides general information to help you change your diet. If you want more detailed advice or are following other dietary restrictions and need guidance, please ask your doctor to refer you to a registered dietitian'.

Phosphate is commonly used as a preservative or stabiliser in food. Added phosphates can provide a major source of phosphate in your diet. Often these foods are less nutritionally important in the diet than protein-rich high phosphate foods such as eggs, meat and fish so should be restricted first.



Nutrition labels won't give you information on the phosphate content of foods but by looking at the list of ingredients you can identify foods to limit or avoid. See below for examples (**Note: Not all brands of these foods contain these additives**).

Phosphate Additive	Example of Food containing Additive
Diphosphates	Cakes, instant mashed potato, cheese
Triphosphates	Fish fingers
Polyphosphates	Dried foods and desserts
Monostarch phosphate	Ice cream, pizza, battered fish, salad dressing
Phosphoric acid	Beer, processed meats e.g.ham, sausages, sweets, cakes, chocolate, jams, vegetable fats and oils, dark fizzy drinks (e.g. Cola and Dr Pepper)
Calcium phosphate	Self-raising flour, cake & pancake mixes, powdered milk drinks, instant pasta and sauces
Ammonium phosphate	Baking powder, baked goods, puddings, frozen desserts, whipped toppings, margarine, condiments, alcoholic drinks
Magnesium phosphate	Prepared mustard, salt substitute
Dicalcium phosphate	Cupcake mix, pie toppings, ice cream, instant soups, instant pasta and sauces
Phosphate distarch phosphate	Custards, sauces, mayonnaise, salad dressings, pies and pie fillings, instant beverages, dried foods, drinking yoghurt, flavoured milk, whipped cream, coffee, precooked pasta & noodles, starch-based puddings

Other possible phosphate-containing additives include: monocalcium phosphate, tricalcium phosphate, hexmetaphosphate, pyrophosphate, sodium acid pyrophosphate, sodium aluminium phosphate, sodium phosphate, sodium tri-polyphosphate.

Please note if the word 'phosphate' appears within the additive it contains phosphate and you should consider avoiding/ replacing with a more suitable alternative.