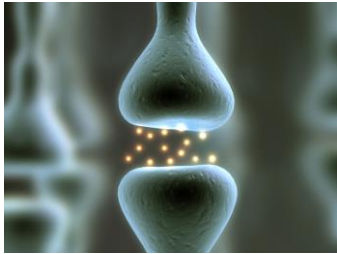




Phosphate: The Bone Mineral



PATIENT TUTORIAL

Phosphate is a mineral found in food and is essential for healthy bone formation. During kidney failure the kidneys can not get rid of phosphate and it piles up in the blood causing calcium to leak from your bones. This makes your bones weak which can cause them to break easily or begin to hurt.

Phosphate is mainly found in dairy products and meats. Here is a breakdown of which foods are high in phosphate and which are low and how much you can have each day:

1

1) Milk & Dairy Products High in Phosphate: (Choose 1 from this group every day)

Milk	½ cup
Yoghurt	½ cup
Milk Powder	1 tbsp.
Ice cream	2 scoops
Maas	½ cup
Condensed milk	2 tbsp.



2

2) Meat & Alternatives High in Phosphate: (Choose no more than 1 from this group every day)

Baked Beans	2 Tbsp.
Peas, lentils	¾ cup
Cheese	Matchbox size
Egg	1 X-large
Peanut Butter	2 Tbsp.
Pilchards/Sardines	1 – 2 Tbsp.



3

Phosphate is also found in some other foods: Chocolate, toffee, Cola drinks, Marmite, Bovril, All Bran, High Fibre Bran, Weetbix and Pronutro. Choose cooked porridge e.g. oats, mieliemeel or Maltabella or cereals e.g. Cornflakes or Rice Crispies. Healthier sweet options would be wine gums, jelly babies or marshmallows.

3) Meat & Alternatives Low in Phosphate:

- Meat: Lamb/Beef
- Chicken
- Pork
- Fish
- Tuna
- Cottage Cheese
- Minced Meat
- Fish Paste
- Mussels or Calamari (grilled)



4

Phosphate Binders

Examples of these include Phosphosorb, Eno Tums, B Cal D or Renagel .

Phosphosorb is a fairly new product available to replace Titrilac. This tablet can be swallowed whole with meals. Eno Tums and B Cal D need to be chewed with a meal.



5

Guidelines for the use of phosphate binders:

- Use with a meal.
- Ask your doctor or renal nurse how you should use the phosphate binder should you chew it or swallow it whole?
- Always take phosphate binders with your meal or a snack or drink containing protein and/or dairy products.
- Take more tablets with a bigger meal and less with a smaller meal.
- Keep phosphate binders close at hand. (Store them in a container in your handbag or pocket and in every room where you are bound to eat a meal.)