

Phosphate drinks - Better Choice cards



Water



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Soda water



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Diet soft drink



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Diet lemonade



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Diet cordial



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Black coffee



or coffee with a small amount of milk



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Phosphate drinks - **Better Choice** cards

Black tea



or tea with a small amount of milk



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## Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

### Use of resource:

**Phosphate 'Better Choice' Drink Cards** provide enlarged pictures of information on the phosphate handout to be used in interactive discussion with dietitian

### Purpose of resource:

To help dialysis patients to choose low phosphate options so they can avoid bone damage.

### Content

- Examples of Better Choice Drink foods.

### Key skills (Competencies):

A patient should be able to:

- Tell you that phosphate can damage their bones.
- Show you low phosphate food options.
- Show you high phosphate food options.
- Tell you one change they or someone could make to have a lower phosphate food.
- Tell you what would stop them making low phosphate choices

### Key Health Messages

- Phosphate can damage your bones.
- Choose low phosphate foods it will help your bones be stronger for longer.
- Talk to your dietitian about making low phosphate food choices.

### Target group:

This resource is designed to be used by any Australian is undergoing (doing) dialysis.

### Notes:

This resource is designed to be printed A4 or A3 size , cut out and laminated so they can be used in interactive activities.

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