

Phosphate drinks – Have Less cards



Beer



Phosphate drinks - Have Less cards



Wine



Phosphate drinks - Have Less cards



Cola



Phosphate drinks - Have Less cards



Diet
cola



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Sports
drink



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Juice



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Iced
coffee



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Cappuccino



Phosphate drinks – **Have Less cards**



Hot chocolate



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Phosphate drinks - **Have Less cards**



Flavoured milk



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There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

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

Use of resource:

Phosphate 'Have Less' 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 Have Less 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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