

Phosphate meat - Have less cards



Chicken nuggets



Phosphate meat - Have less cards



Fried chicken



Phosphate meat - Have less cards



Sausages



Phosphate meat - Have less cards



Salami



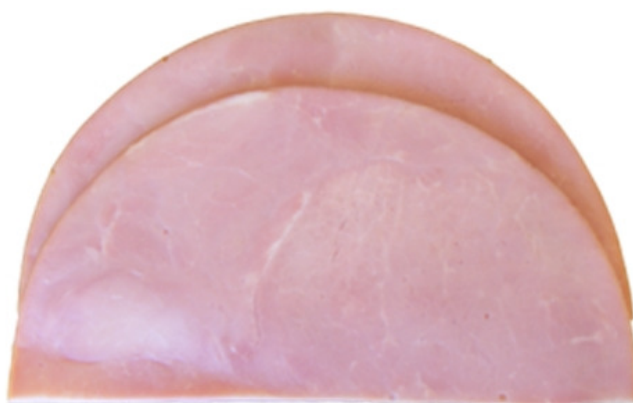
Phosphate meat - Have less cards



Bacon



Phosphate meat - Have less cards



Ham



Phosphate meat - Have less cards



Canned sardines



Phosphate meat - Have less cards



Canned salmon



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' Meat 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 Meat 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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