

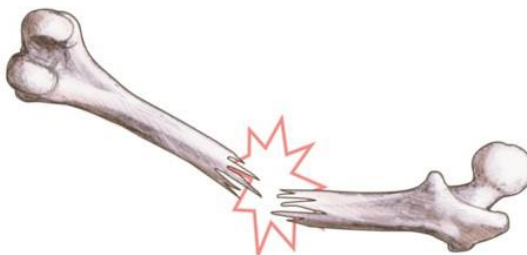
Keep your bones strong

If you do dialysis, choose foods with less phosphate

- Phosphate is found in many foods. It is so small you can not see it.



- When your kidneys are not working well big mobs of phosphate go into your blood and make your bones weak



- Dialysis tablets and healthy food keep your bones strong



- Taking your tablets when you eat helps keep phosphate from your bones



- To keep your bones strong eat foods from the **green** boxes. These foods are low in phosphate.



Keep your bones strong

If you do dialysis choose drinks with **less phosphate**



✗ Have less ✗



Beer

Wine



Cola



Diet cola



Sports drink



Juice



Iced coffee



Cappuccino



Hot chocolate



Flavoured milk

✓ Better choice ✓



Water



Soda water



Diet soft drink



Diet lemonade



Diet cordial



Black coffee

or coffee with a small amount of milk



Black tea

or tea with a small amount of milk

Not all dialysis patients need a low phosphate diet—please check with your dietitian

Keep your bones strong

If you do dialysis choose meat & fish with **less phosphate**



✗ Have less ✗



Chicken nuggets

✗ Fried chicken



Sausages

✗ Salami



Bacon

✗ Ham



✗ Canned sardines ✗



✗ Canned salmon ✗

✓ Better choice ✓



Fresh chicken ✓



Eggs



✓ Fresh meat ✓



Bush meat



Bush meat



Fresh fish ✓



Canned tuna

Not all dialysis patients need a low phosphate diet—please check with your dietitian

Keep your bones strong



If you do dialysis choose these with **less phosphate**

✗ **Have less** ✗



✗ **Corned beef** ✗



Meat pie ✗ **Sausage roll**



✗ **Pizza** ✗



Crisps ✗



Fries

✓ **Better choice** ✓



✓ **Tinned meat & vegetables** ✓



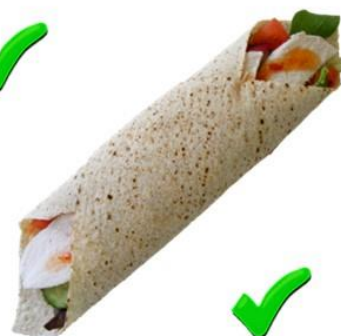
Baked beans



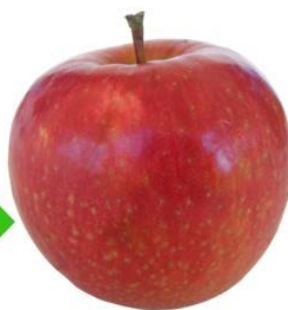
Lentils ✓



Sandwich



Wrap ✓



Apple ✓



Carrot sticks

Not all dialysis patients need a low phosphate diet—please check with your dietitian

Keep your bones strong

If you do dialysis choose cereals with less phosphate



✗ **Have less** ✗

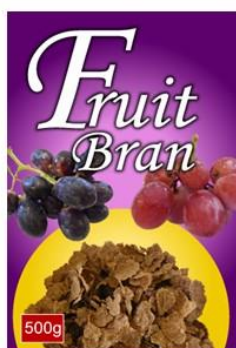


✗ 2 minute noodles

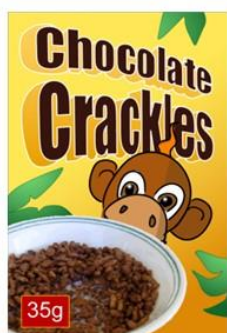
Noodle cup ✗



Bran cereal



✗ Bran cereal with sultanas



Chocolate cereal ✗



Muesli with nuts

✓ **Better choice** ✓



✓ White rice



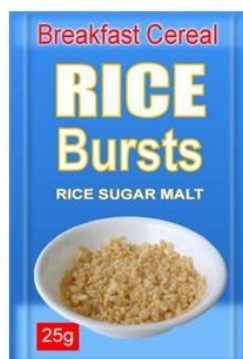
White pasta ✓



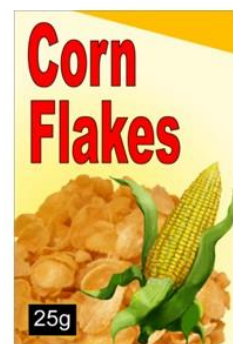
Porridge



✓ Wheat biscuits



Rice puffs



✓ Corn flakes

Not all dialysis patients need a low phosphate diet—please check with your dietitian

Keep your bones strong

If you do dialysis, choose breads with **less phosphate**



✗ Have less ✗



Rye bread



Multigrain bread



Wholegrain crackers



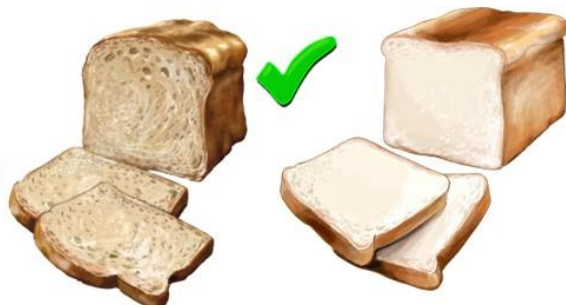
Self raising flour

Baking powder



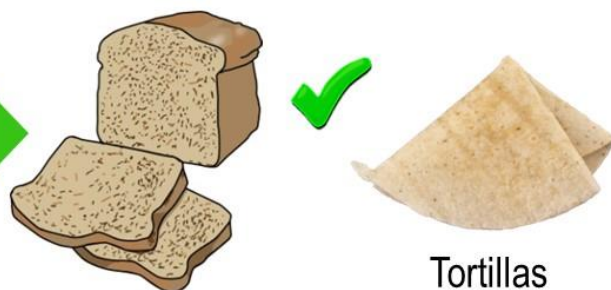
Damper made
with self raising
flour

✓ Best choice ✓



Brown bread

White bread



Whole meal bread

Tortillas



Rice cakes

Wraps



Crumpets

Plain flour



Damper made
with plain flour

Not all dialysis patients need a low phosphate diet—please check with your dietitian

Keep your bones strong

If you do dialysis choose spreads with **less phosphate**



✗ **Have less** ✗



✗ Peanut butter ✗



✗ Yeast spread ✗



Parmesan
cheese



Cheddar
cheese

✓ **Better choice** ✓



Jam



Marmalade



Honey



Ricotta
cheese



Cream
cheese

Not all dialysis patients need a low phosphate diet—please check with your dietitian

Health Professional Facilitator Information

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

Use of resource:

Phosphate Handout- can be provided to dialysis patients along with dietitian advice

Purpose of resource:

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

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 who is undergoing (doing) dialysis.

Notes:

This resource is designed to be printed A4 size and used as a handout.

Pages of this resource can also be printed A3 and used as a poster.

If a patient has poor eyesight it can be printed as an A3 handout.

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