

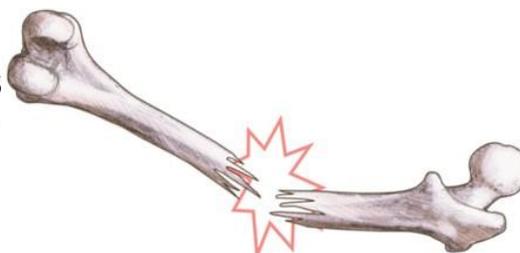
# Keep your bones strong

## 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



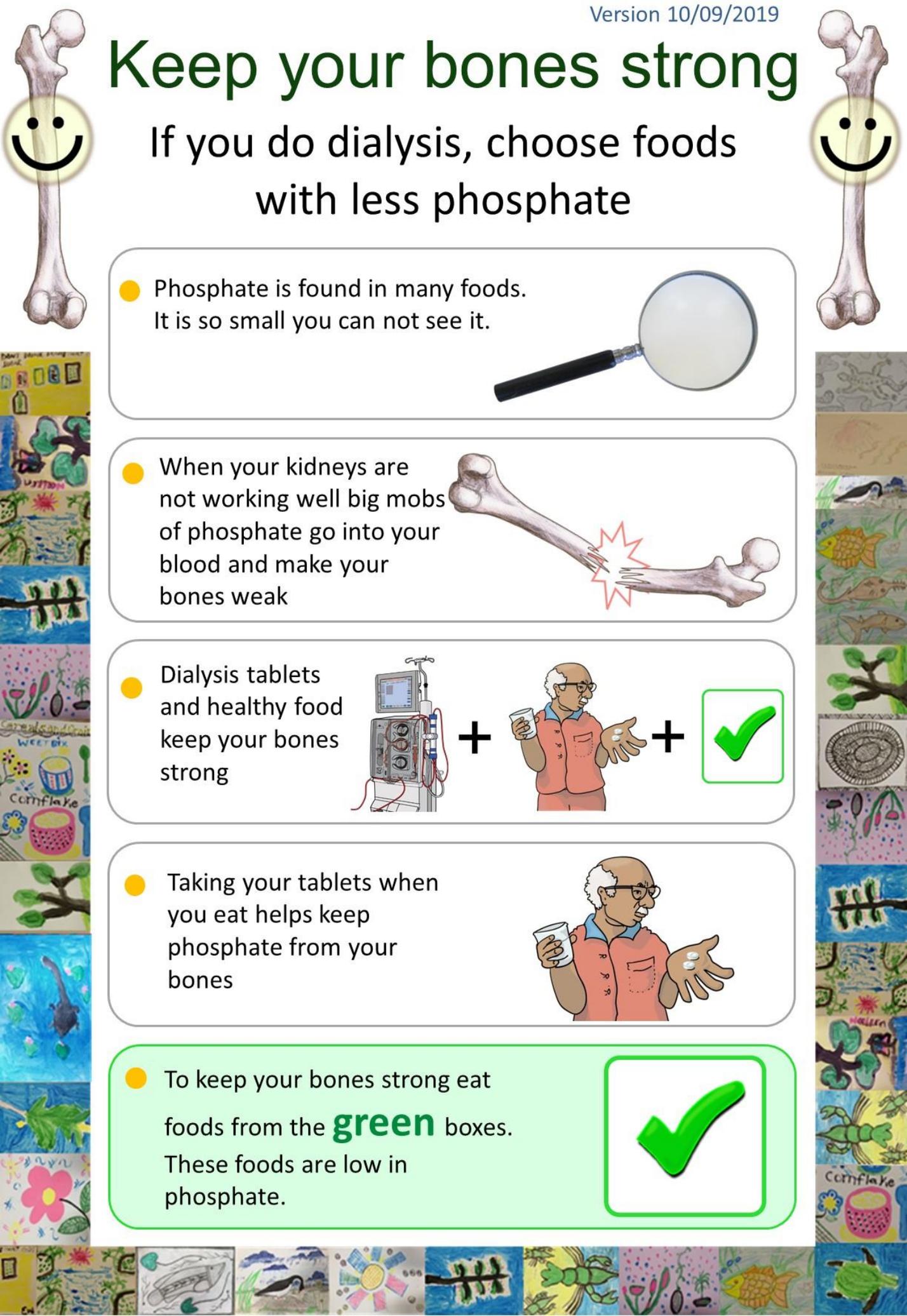
- Dialysis tablets and healthy food keep your bones strong



- 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

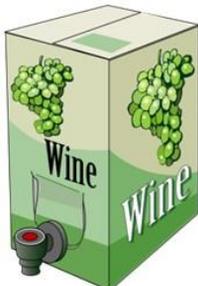


If you do dialysis choose drinks with **less phosphate**

## ✗ 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 ✗



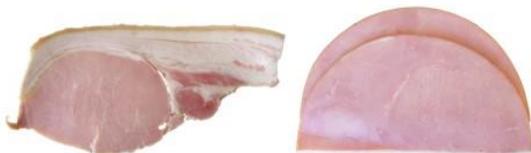
Chicken nuggets

✗ Fried chicken



Sausages

✗ Salami



Bacon

✗ Ham



✗ Canned sardines ✗



✗ Canned salmon ✗

## ✓ Better choice ✓



Fresh chicken



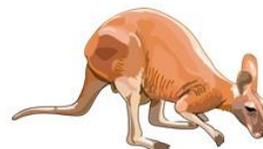
Eggs



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 **✓**



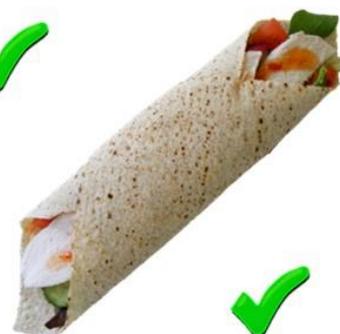
**✓** Baked beans **✓**



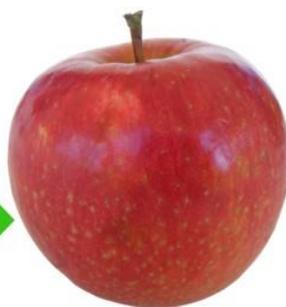
**✓** Lentils **✓**



**✓** 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

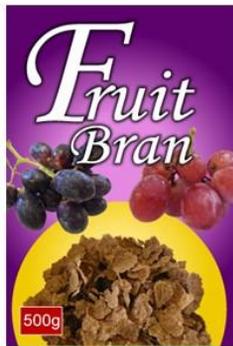
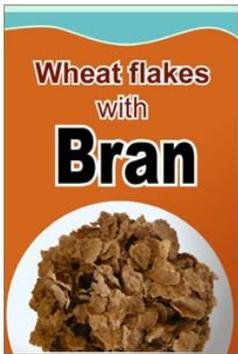


**✗ Have less ✗**



✗ 2 minute noodles

Noodle cup ✗



Bran cereal ✗

✗ Bran cereal with sultanas



Chocolate cereal ✗

✗ Muesli with nuts

**✓ Better choice ✓**



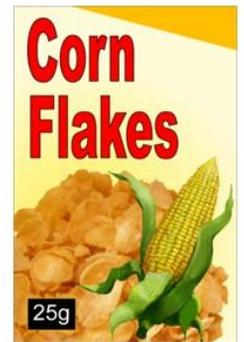
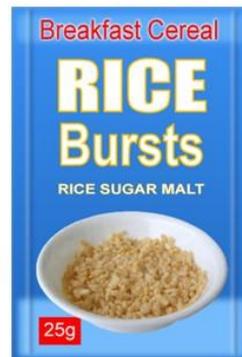
✓ White rice

White pasta ✓



Porridge

✓ Wheat biscuits



Rice puffs

✓ Corn flakes

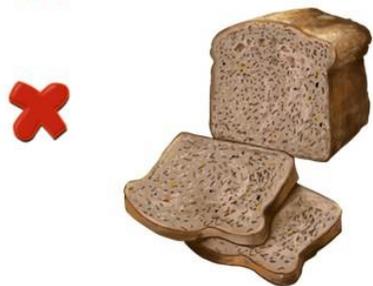
Not all dialysis patients need a low phosphate diet—please check with your dietitian

# Keep your bones strong

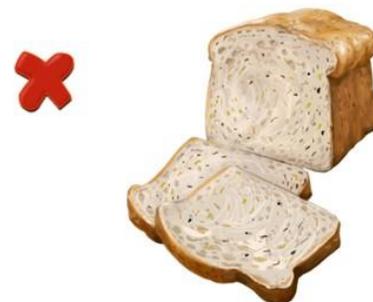
If you do dialysis, choose breads with less phosphate



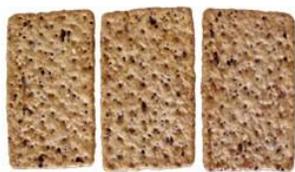
## Have less



Rye bread



Multigrain bread



Wholegrain crackers



Self raising flour



Baking powder

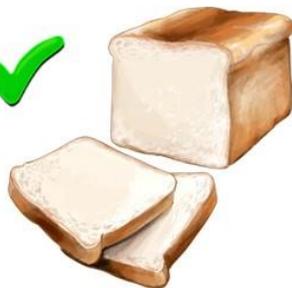


Damper made with self raising flour

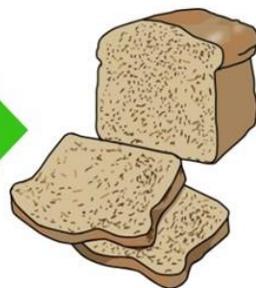
## Best choice



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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