

Chinese Haemodialysis - Low Phosphate Diet

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What is phosphate?

Phosphate is a mineral which is found mainly in your bones but small amounts are normally in your blood also.

Why is your blood phosphate level important?

Your kidneys control the level of phosphate in your blood. When your kidneys fail to work properly the level of phosphate in your blood rises.

A high phosphate level can cause problems, e.g. itchiness, muscle weakness, painful and weak bones.

Pre-dialysis patients: at present you may not be requiring dialysis treatment. The following dietary advice will be given when it is necessary to help you keep well.

Dialysis patients: (haemodialysis or peritoneal dialysis)

The dialysis treatment takes over the work of your kidneys and clears your blood of the waste products.

Unfortunately, dialysis is unable to work as well as normal kidneys. This is why it is important to follow the dietary advice given to help you keep well.

Many foods and drinks contain phosphate. You will be advised to avoid **or** limit your intake of those which are high in phosphate.

Your doctor may prescribe some tablets **or** medicine called "phosphate binders", e.g. CalciChew, Adcal, Phosex, Renagel or Alucaps. These must be taken daily just before you eat your meals.

Protein in your diet

Some of the foods which are high in phosphate are also protein rich foods, e.g. meat, fish, eggs, chicken, duck, tofu. Your body needs protein to maintain healthy muscles, skin, hair etc.

It is important that you eat protein rich foods daily. If at any time your appetite is poor, contact your dietitian.

They will advise you on ways to improve your intake. Nutritional supplements are also available if necessary.

What can I eat and drink?

The dietitian will take into consideration the food that you like/dislike. It is important that you continue to eat well and enjoy your food.

Foods allowed in moderation

Protein foods

Fresh meat: chicken and Duck

Fresh Fish: (except those listed on page) must be filleted (without bones) Cod, haddock, grey/red mullet, trout, herrings, Tuna, salmon, lemon sole, plaice, hoki

Fresh seafood: may be eaten once a fortnight as an alternative to meat, e.g. crab, prawns, lobster, eels, squid, winkles, muscles.

Fresh offal: e.g. liver can be eaten once a fortnight

Fresh eggs: one daily maximum

Vegetables: boiled mung beans/ Steamed tofu can be eaten as an Alternative to meat/fish

Processed meat: Chinese/English sausages, beefburgers can be eaten as part of a small meal.

Milk: ½ pint cows or soya milk (custard, ice cream, yoghurt can be eaten but must be counted as part of the milk allowance)

Fats and Oils: should be used sparingly. Butter/margarines/low fat spread, vegetable and nut oils

Flavourings For food: You can use 2-3 teaspoons of spices to flavour your food.

Alternative flavourings are black pepper, garlic, fresh herbs and onions (all types)

Foods allowed freely

Cereals:

Most breakfast cereals

Wheat/maize/millet/barley/corn/rye

and foods made from them (see meal plan), rice and noodles

Fruits: except those listed on page

Vegetables and Salad: Except those listed below

Drinks: English or Chinese tea, fizzy Drinks, squash, coffee, water, alcohol, Spirits, beer, wine, lager, cider, sherry

Sweets: Boiled sweets, mints, pastilles, chewing gum

Foods to avoid

Cereals: All bran, muesli, soya flour

Fish: Fresh or tinned fish with edible bones e.g. Whitebait, pilchards, Sardines, kippers, fishroe, scampi, all dried fish, canned abalone is low in phosphate but rich in salt and should be avoided.

Vegetables: Dried seaweed. Soya flour and any products made with it.

Fruit: Dried longans

Nuts/seeds: All types

Snacks

Savoury: cakes/buns/dumplings, filled with shellfish/beans/nuts or seeds, e.g. Prawn dim sum, Prawn spring rolls, tempeh (soya bean, Cake)

Sweet: chocolate and any food containing it, cakes/buns made with **a lot** of baking powder

Drinks: Malted drinks, e.g. Ovaltine, Horlicks, soups/stocks containing dried Seafood/fish/beans

Milks: Condensed, evaporated, dried milk powder

Suggested Meal Plan

Breakfast

Cereal and milk (from allowance) **or** bread and butter/margarine/marmalade/jam/egg **or** boiled noodles/congee and boiled vegetables/fresh meat/fish

Lunch (hot meal)

fresh meat/poultry/Fish. Vegetables or salad. Boiled rice/Noodles. Fruit fresh or tinned.

Or cold snack:

Bread/rolls filled with egg/fish/meat with or without salad

Evening Meal (hot meal)

As lunch

Daily milk allowance: 284ml
(cow's or soya milk)

Drinks: English or Chinese tea, fizzy drinks, squash, water, alcohol

Remember: keep to your daily fluid allowance (if applicable)

Snacks: (for in-between meals)

Savoury: Crisps, rice cakes, plain dumplings, spring rolls filled with beansprouts/carrots, prawn crackers,

Sweet: Plain biscuits, cakes, buns, doughnuts, jam pastries, candied popcorn, fruit

To Help Prevent Constipation

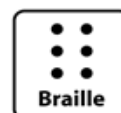
- Eat your fruit and vegetables daily.
- Eat wholegrain bread/cereals.

The information given is general. Your dietitian will advise you on your individual diet

Contact Details:

Dietitian Name: _____

Telephone Number: **0151 529 3473**



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906

Email: interpretationandtranslation@aintree.nhs.uk