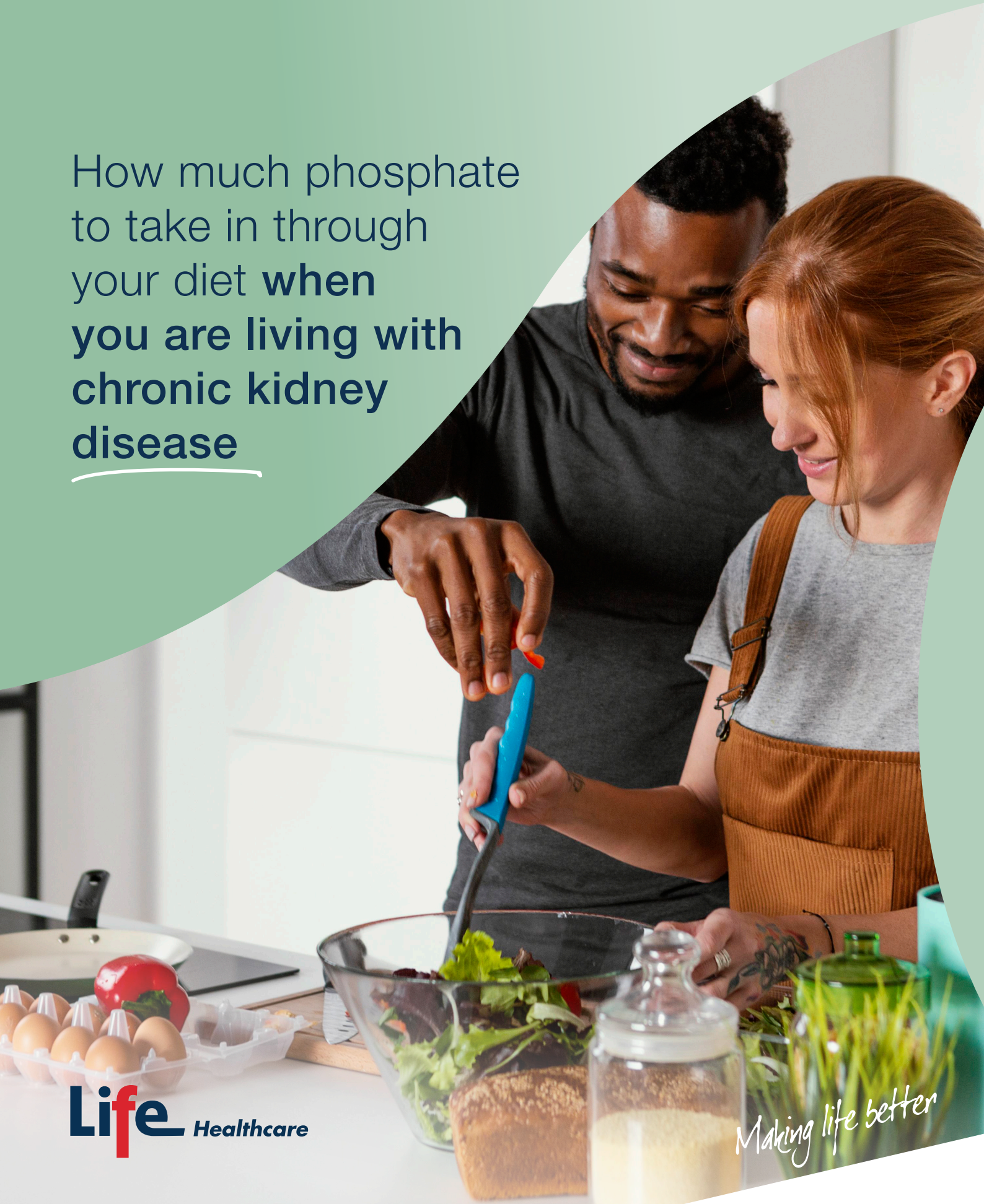


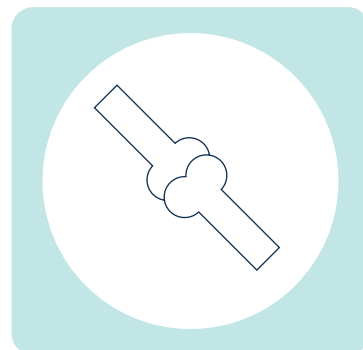
How much phosphate
to take in through
your diet **when
you are living with
chronic kidney
disease**



Dietary phosphate intake

What is phosphate?

Phosphate is a mineral found in food that helps to build healthy bones and teeth. When your phosphate levels are too high it is called hyperphosphataemia, whereas a low phosphate level is called hypophosphataemia. Patients living with chronic kidney disease (CKD) are not able to excrete phosphate as they should which often leads to hyperphosphatemia.



Why should we limit phosphate intake when we have CKD?

When you are living with advanced stages of CKD your body is unable to excrete phosphate leading to high levels of phosphate in the blood. High phosphate levels cause calcium to leak from the bones, making the bones weak and likely to break more easily. Additionally, high phosphate levels can lead to calcium deposits in the eyes, heart, lungs and blood vessels, which can over time result in an increased risk of a heart attack, stroke or death.

Guidelines on how to limit your phosphate intake

It is important to note that phosphate can be found naturally in food but it is also added to food as a phosphate additive. These phosphate additives are absorbed almost entirely by the body when compared to phosphate found naturally in food. Many processed foods, ready to eat foods and take away foods have these hidden phosphate additives, so it is important to limit your intake of these.

Limit the intake of the following food items as they are high in phosphate:



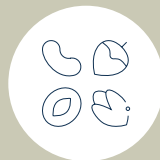
Beverages containing milk e.g. milkshakes, high protein milk drinks, Milo™, Nesquik™



Deserts or dishes made with milk, eggs and cheese e.g. milk tart, macaroni and cheese or custard



Meat and vegetable extract or cheese spreads



All types of nuts



Lentils, dried beans, peas, peanuts and soya products



Cereals e.g. Bran flakes and muesli (requires a lot of milk which should be limited)



Chocolates (especially ones with nuts and raisins)



Instant puddings










Beer



Cola / Pepsi™ or any dark coloured cool drinks

Limit your milk and dairy products to only one portion per day, as they are high in phosphate. Remember portion sizes are always important to consider (*refer to the list below for suggested portion sizes*)

Milk and dairy products












High in phosphate	Portion size
 Milk full cream, fat free or low fat	1/2 cup
 Soya milk, sour milk	1/2 cup
 Yoghurt, custard, milkshake	1/2 cup
 Condensed milk	2 level tablespoons
 Milk, low fat powder	1 heaped dessertspoon
 Ice cream / sorbet	2 scoops
 Milk chocolate	1/2 slab










Dietary phosphate intake

Choose most of your meat and meat alternative products from the low and moderate in phosphate lists and less from the high in phosphate list (*refer to the list below*)

Meat and meat alternatives









Low in phosphate	Portion size
 Beef or mutton stew with vegetables	¼ cup
 Beef patty	1 small portion
 Chicken, cooked without bones	1 small drumstick
 Red meat, chicken or fish, cooked	Small matchbox size (30g)
 Calamari, cooked	8 medium rings
 Cottage cheese, low fat	2 heaped tablespoons
 Lasagne	1 heaped large spoon
 Minced meat, lean	3 level dessertspoons
 Mussels	10 mussels
 Pork leg, roasted	1 thin slice
 Pork loin	Small matchbox size

Low in phosphate		Portion size
	Tuna, canned in brine (limit, high in sodium)	¼ cup
	Chicken giblets	Small matchbox size (30g)
	Meatballs, lean mince (without egg)	1 small meatball

High in phosphate		Portion size
	Baked beans	2 heaped tablespoons
	Sardines, canned in oil	2 small
	Pilchards, canned in brine	1 heaped dessertspoon
	Biryani, with lentils, no meat	2 heaped large spoons
	Dried beans and peas, cooked	¾ cup



Dietary phosphate intake

High in phosphate, <i>continued.</i>	Portion size
 Egg, boiled/poached	1 extra large
 Peanut butter	2 level dessertspoons
 Lentils, cooked	2/3 cup
 Liver, fried	Size of a small matchbox
 Mozzarella, grated	2 heaped tablespoons
 Cheddar, gouda	Size of a small matchbox
 Bacon (high in salt)	3 rashers
 Soya beans, cooked	4 level tablespoons

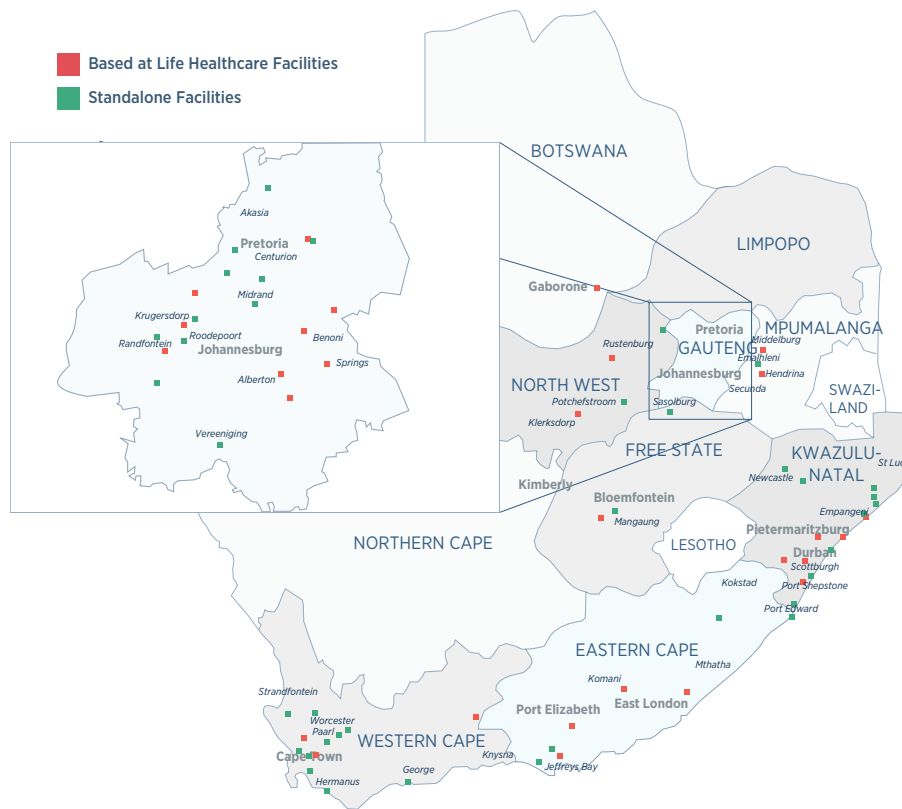


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6. <https://journals.co.df/10.10520/EJC64904>

Contact details

Life Renal Dialysis footprint



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LIFE BRENTHURST HOSPITAL

4 Park Lane, Parktown, Johannesburg, 2193
Telephone number: 011 647 9054

LIFE CARSTENHOF HOSPITAL

21 Dane road, Glen Austin, Midrand 1685
Telephone number: 011 655 5539

LIFE FOURWAYS HOSPITAL

Cnr Cedar road and Cedar Avenue West, Fourways, 2055
Telephone number: 011 875 1810

LIFE GROENKLOOF HOSPITAL

50 George Storrar drive, Groenkloof, Pretoria 0181
Telephone number: 087 161 9538

LIFE THE GLYNNWOOD

33-35 Harrison street, Benoni, 1501
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LIFE ROBINSON PRIVATE HOSPITAL

1 Hospital road, Randfontein, 1759
Telephone number: 011 278 8889

LIFE SPRINGS PARKLAND HOSPITAL

Artemis road, Pollak Park, 1559
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LIFE WILGEHEUWEL HOSPITAL

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Standalone Facilities

LIFE RENAL DIALYSIS ATTERIDGEVILLE

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LIFE RENAL DIALYSIS GROENKLOOF

50 George Storrar drive, Groenkloof, Pretoria 0181
Telephone number: 087 161 9538

LIFE RENAL DIALYSIS KEMPTON PARK

Floor, Arwyp Medical Suites, 22 Pine Avenue, Kempton Park, 1619
Telephone number: 011 922 1284

LIFE RENAL DIALYSIS LENASIA

Block A Signet Terrace Office Park, cnr Hummingbird Avenue and Guinea Fowl street, Lenasia, 1827
Telephone number: 011 852 5765

LIFE RENAL DIALYSIS MIDSTREAM

Midstream Hill Medical Park G8, cnr Midstream Hill Boulevard and Godley drive, Centurion, 1692
Telephone number: 010 612 0726

LIFE RENAL DIALYSIS MORNINGSIDE

Summit Park, 495 Summit road, Morningside, Sandton, 2196
Telephone number: 011 884 4444

LIFE RENAL DIALYSIS RANDFONTEIN

37 Homestead Avenue, Greenhills, Randfontein, 1759
Telephone number: 021 612 0239

LIFE RENAL DIALYSIS VAAL

34 Kruger Avenue, Vereeniging
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LIFE RENAL DIALYSIS WITS (DONALD GORDON)

17 Eton road, Parktown, Johannesburg, 2193
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Cnr OR Tambo and Beatty Ave, eMhlahleni, 1034
Telephone number: 013 653 8190

LIFE MIDMED HOSPITAL

4 Crocker street, Middelburg, 1055
Telephone number: 013 243 1171

Standalone Facilities

LIFE RENAL DIALYSIS EMALAHLENI (WITBANK)

2nd Floor, Room 202, Emalahleni Private Hospital, 39 Mandela street, Witbank, 1034
Telephone number: 013 656 2676

NORTH WEST

Based at Life Healthcare Facilities

LIFE ANNCRON HOSPITAL

Klerksdorp
16 Van Rynefeld street, Willkoppies, Klerksdorp, 2571
Telephone number: 010 056 3510

Satellite renal units

Viljoenskroon
20 Engelbrecht street, Viljoenskroon, 9520

Hartswater
Hartsdok Sentrum, 28 Hertzog street, Hartswater, 8570

Lichtenburg
Shop no 2 Spar Komplex, Beyers Naudé street, Burgersdorp, 2740
Telephone number: 087 352 9010

LIFE PEGLERAE HOSPITAL

Cnr Kerk and Heystek street, Rustenburg, 0299
Telephone number: 014 101 0142

Standalone Facilities

LIFE RENAL DIALYSIS BRITS

Cnr of Pienaar en De Wits straat, Hans Marie Trust Building, Brits
Telephone number: 061 879 8779 / 012 252 7580

LIFE RENAL DIALYSIS POTCHEFSTROOM

Mooimed Private Hospital, 1 Chief Albert Luthuli street, Potchefstroom, 2531
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23 Wilderness road, Claremont 7700
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LIFE KNYSNA PRIVATE HOSPITAL

Hunters Estate drive, Knysna 6570
Telephone number: 044 302 5238

LIFE VINCENT PALLOTTI HOSPITAL

Alexandra road, Pinelands, Cape Town 7405
Telephone number: 021 506 5350

Standalone Facilities

LIFE RENAL DIALYSIS ATHLONE

Rawoot Square, cnr Klipfontein and Carnie Roads, Entrance Murton Rd, Athlone, 7764
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LIFE RENAL DIALYSIS CLAREMONT

14 Wilderness road, Claremont, Cape Town, 7708
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LIFE RENAL DIALYSIS DURBANVILLE

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LIFE RENAL DIALYSIS GEORGE

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Telephone number: 044 050 0002

LIFE RENAL DIALYSIS HERMANUS

Hermanus Medical Centre, First Floor, Suite 13, Ravenscroft street, Hermanus, 7200
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LIFE RENAL DIALYSIS PANORAMA

1st Floor, Panorama Healthcare Centre, cnr Rothchild and 55 Hennie Winterbach streets, Panorama, 7500
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LIFE RENAL DIALYSIS PARKLANDS

6 Emporium Centre, cnr Braselton and Sandown roads Parklands, 7441
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RED CROSS KIDNEY AND DIALYSIS CENTRE

E Floor, Room E1, Red Cross Childrens Hospital, cnr Klipfontein and Milner roads, Rondebosch, 7925
Telephone number: 021 658 5896

LIFE RENAL DIALYSIS WINELANDS

Unit 3E, F Arun Place, Sir Lowry's Pass road, Longdown, Somerset West, 7130
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LIFE RENAL DIALYSIS WORCESTER

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32 Albany street, East London, 5201
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LIFE MERCANTILE HOSPITAL

Cnr Kempston and Durban roads, Korsten, Port Elizabeth 6020
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Contact details

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LIFE ST GEORGE'S HOSPITAL

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LIFE QUEENSTOWN PRIVATE HOSPITAL

Cnr Ebdon and Griffiths St, Queenstown, 5319
Telephone number: 045 808 4537

Standalone Facilities

LIFE RENAL DIALYSIS JEFFREYS BAY

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082 551 4794

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LIFE RENAL DIALYSIS PORT ELIZABETH

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LIFE ENTABENI HOSPITAL

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LIFE HILTON PRIVATE HOSPITAL

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LIFE MOUNT EDGEcombe HOSPITAL

163 – 179 Redberry road, Rockford, 4068
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LIFE WESTVILLE HOSPITAL

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16 Douglas Crowe drive, 1st Floor,
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