



## **Patient Dietary Advice – Following a Low Salt, Potassium and Phosphate Diet**

### **Introduction**

When you have impaired kidney function, following a number of different dietary restrictions can be confusing and complex. This diet sheet combines information to assist you in following a diet that is low in potassium, phosphate and salt. Only follow this combined dietary advice if you have been advised to do so by your doctor or dietitian.

### **How can I reduce my intake of potassium, phosphate and salt?**

Most of the salt in your diet comes from processed, packaged and takeaway foods. These foods often use additives that contain potassium and phosphate to add flavour, prolong the shelf life and adjust the acidity of the food. Reducing your intake of processed, packaged and takeaway foods can have a positive impact on your health.

### **Reduce your intake of foods high in potassium, phosphate and salt**

<b>Reduce intake</b>	<b>Better choices</b>
<p><b>Fruits:</b> Restrict bananas, avocado, rhubarb, apricot, kiwi, dried fruit, grapes, coconut and blackcurrants</p>	<p><b>Limit fruits to two small portions per day</b> Apples, pears, canned fruit, satsumas, peaches, nectarines, berries, lemon/lime</p>
<p><b>Vegetables:</b> Fried, roasted or chipped vegetables (pre-boil) Potato wedges, hash browns, waffles, instant mash Stir fried, steamed and microwaved vegetables Mushrooms, tomato puree, spinach Potato pakoras, okra, callaloo, breadfruit, taro and plantain</p>	<p><b>Limit vegetables to 2-3 servings per day</b> <b>Limit salad to one side salad per day</b> (in place of a vegetable portion) Choose boiled vegetables Cabbage, carrots, cauliflower, corn, cucumber, green beans, peas, peppers, swede, frozen mixed vegetables Fresh herbs and spices</p>
<p><b>Meat, fish and alternatives:</b> Processed, salted and smoked meats, e.g. ham, sausages, bacon, breaded chicken, pate Offal, e.g. liver and kidney Smoked, salted fish and manufactured fish products Shellfish and fish with edible bones, e.g. tinned salmon, sardines and pilchards</p>	<p>Fresh meat, such as chicken, turkey, lamb, pork and beef Fresh fish, e.g. haddock, cod, mackerel, tuna and salmon Tinned pulses (lentils and legumes) can be eaten as part of your vegetable allowance, or used as a substitute for meat Meat substitutes such as Quorn or tofu <b>Limit eggs to 3-4 per week</b></p>

Reduce intake	Better choices
<p><b>Breads, cereals and grains:</b> Breads and cereal containing bran, nuts, chocolate or dried fruit (All Bran, muesli, fruit loaf)</p>	<p>Cereals not containing bran, chocolate or nuts (Weetabix, porridge, shredded wheat) Pasta, rice, bread, noodles, quinoa, couscous</p>
<p><b>Dairy and alternatives:</b> <b>Limit dairy milk (all types) to 1/2 pint per day</b> (this includes yoghurt, custard and milk puddings) Avoid almond milk, condensed and evaporated milk, processed cheese and cheese spread, e.g. Dairylea, Laughing cow, Primula, Cheesestrings</p>	<p>Oat milk or rice milk Cream cheese, cottage cheese Cream, crème fraiche <b>Limit hard cheese to 3-4oz/90-120g per week</b></p>
<p><b>Snacks:</b> Fruit and nut snack bars Nuts and seeds (All types) Potato, pulse and vegetable crisps/snacks, twiglets, Bombay mix</p>	<p>Unsalted corn or maize based snacks Unsalted rice-based snacks Unsalted popcorn Unsalted breadsticks/pretzels</p>
<p><b>Sweets:</b> Confectionary and nougat containing dried fruit and nuts Solid chocolate bars, fudge, toffee, liquorice Biscuits, cakes and puddings containing dried fruit, nuts and chocolate Scones and chocolate muffins/cake, cake mixes with raising agent (baking powder)</p>	<p>Boiled, chewy or jelly sweets, mints Marshmallow, Turkish delight (without nuts) Plain biscuits and cake (without dried fruit, nuts and chocolate), such as rich tea, digestives, shortbread, jammy dodgers, custard creams, donuts, jam tarts</p>
<p><b>Drinks:</b> Coffee, fruit and vegetable juices, smoothies Hot chocolate, Bovril, malted drinks (Horlicks, Ovaltine), milkshakes Dark fizzy drinks (cola, Dr Pepper) Beer, lager, wine, cider, stout</p>	<p>Tea, herbal tea, Camp coffee Squash/cordial drinks, flavoured water, Carbonated drinks (soda water, tonic water, lemonade, Lucozade) Spirits, e.g. vodka, whisky, rum, gin</p>
<p><b>Miscellaneous:</b> Nut butters, fish paste, chocolate spread Salt (all varieties) and salt substitutes containing potassium Ready meals, takeaways and fast food Ready prepared soups and stocks, gravy mix and sauces. Meat and yeast extract, e.g. Bovril and Marmite Ready prepared stock, soy sauce, Bottled sauces and chutneys, ketchup, brown sauce, soy sauce</p>	<p>Jam, marmalade, honey, lemon curd, golden syrup Black pepper, herbs and spices, garlic, ginger Freshly prepared foods Reduced salt stock and cubes Vinegar Mayonnaise, salad cream</p>

