

Foods that contain phosphate (PO₄)

Below is a detailed list of foods that contain phosphate. Use this as a guide to help you stay within your allowance. Your Dietitian will explain its importance and how many serves from each group you need to meet your requirements. Some of these foods may be high in potassium and high in salt, and they should be eaten in the amounts recommended by your Dietitian.

Your phosphate allowance is approximately 32 mmols per day. (1 mmol = 31mg phosphate)

Breads and Cereals

Have at least 5 serves of breads and cereals per day. Choose lower phosphate options (1 point or less per serve).

Bread	Amount	Phosphate points (mmol)
Bread, wholemeal, flat- lebanese	80g (1 lebanese)	4
English Muffin, fruit	67g (1 muffin)	4
Crumpet, wholemeal (toasted)	50g (1 round)	3
English Muffin, white	67g (1 muffin)	3
Bread, Pumpnickel	47g (1 slice)	3
Bread, white, Lebanese	80g (1 lebanese)	3
Bread roll – wholemeal, mixed grain	1 medium roll	3
Bread, white, Pita	90g (2 pita/ pocket)	3
Bread, wholemeal, flat - Pita	45g (1 pita)	2
Chapati	1 chapati (35g)	2
Crumpet, white	47g (1 round)	2
Bread – wholemeal or multigrain	40g (1 slice)	2
Bread, Naan	46g (1 small slice)	2
Bread, dark rye	40g (1 slice)	2
Bread, white	40g (1 slice)	1
Bread, fruit loaf	40g (1 slice)	1

Breakfast cereals	Amount	Phosphate points (mmol)
All bran with fruit and nuts	1 cup	28
All Bran	1 cup	15
Muesli, toasted	1 cup	10
Oat bran with fruit	1 cup	10
Oats (raw)	½ cup	6
Just Right	1 cup	6
Muesli, untoasted	1 cup	6
Sultana bran	1 cup	4
Wheat bran flakes	1 cup	4
Guardian with psyllium	1 cup	3
Weet-bix, Vita-brits	2 biscuits	3
Oat flakes	1 cup	2
Special K	1 cup	2
Porridge (cooked)	½ cup	2
Coco Pops	1 cup	2

Nutrigrain	1 cup	2
Cereal bars e.g. k- time, fruit filled	1 bar	1
Rice porridge (Congee)	1 cup	1
Rice Bubbles / Puffed / Popped Rice	1 cup	1
Puffed Wheat	1 cup	1
Semolina (cooked)	1 cup	1
Cornflakes	1 cup	0

Rice, Pasta and Noodles	Amount	Phosphate points (mmol)
Rice, brown (cooked)	½ cup	4
Barley, pearl (boiled)	½ cup	3
Pasta (cooked)	½ cup	2
Rice, white (cooked)	½ cup	1
Couscous (cooked)	½ cup	0
Polenta (cooked)	½ cup	0
Rice noodles	½ cup	0

Biscuits	Amount	Phosphate points (mmol)
Rice cake	2 slices	2
Salada, wholemeal	2 biscuits	2
Rye crispbread	2 crispbread	2
Cheese flavoured	4 biscuits	1
Wholemeal crispbread	2 crispbread	1
Oatmeal	2 biscuits	1
Water cracker, plain	2 biscuits	0
Plain biscuit e.g. milk arrowroot	2 biscuits	0
Salada, plain	2 biscuits	0

Flours	Amount	Phosphate points (mmol)
Flour, white, self raising	½ cup	15
Flour, soy	½ cup	13
Flour, wholemeal, plain	½ cup	5
Flour, rice	½ cup	5
Flour, white, plain	½ cup	3
Flour, cornflour	2 tspn	0
Flour, arrowroot	½ cup	0

Dairy Products

Have at least 2 serves of reduced fat dairy products per day. Choose lower phosphate options where possible (4 points or less per serve).

Dairy products	Amount	Phosphate points (mmol)
Milk		
Condensed milk	125mls (½ cup)	12
Milk – evaporated	125mls	10

Buttermilk, cultured 2% fat	125mls	5
Milk – full/low fat /skim/flav/soy	125mls	4
Milk (from powder) – all	125mls	4
Rice Milk	125mls	3
Creamed Rice	125mls	2

Cheese	Amount	Phosphate points (mmol)
Cheese – Edam, reduced fat cheddar	20g (1 slices)	4
Cheese – Swiss, Cheddar	20g (1 slices)	4
Cheese – Colby	20g (1 slices)	3
Cheese – Camembert, Brie, Blue vein	20g	2
Cheese – Ricotta, Cottage	2 tablespoons	2
Cheese – Parmesan	1 tablespoon (7g)	2
Cheese – Cream	2 teaspoons	0.5

Desserts	Amount	Phosphate points (mmol)
Yoghurt – plain, vanilla, fruit, frozen	100g	5
Yoghurt – frozen, soft serve	1 single cone	5
Custard – regular or low fat	125mls (½ cup)	4
Fruche	100g	4
Ice cream – regular or low fat	½ cup	3
Creamed Rice	125mls (½ cup)	2

Meat and Meat Alternatives

Your dietitian will discuss how many meat serves you need and appropriate options for you to meet your requirements. Choose good quality lean meats and lower phosphate options where possible.

Meat Products (cooked)	Amount	Phosphate points (mmol)
Offal – brains, kidney (all kinds)	1 cup	14
Bacon	2 rasher (60g)	10
Beef, Lamb, Veal, Pork, Chicken	100g	7-9
Game meat – Kangaroo/ Rabbit	100g	7-9
Hamburger Patty, Frozen, Grilled	1 patty (75g)	7
Offal – tripe	1 cup	4
Sausage, pork or beef	1 sausage (58g)	4
Beef, Corned, Canned	100g	4
Ham, Deli-sliced	2 thin slices (40g)	4
Turkey sliced	2 thin slices (40g)	4
Salami	2 slices (40g)	3
Offal – chicken liver	1 liver (18g)	2

Seafood (cooked)	Amount	Phosphate points (mmol)
Snapper	100g	17
Sardine, canned in oil	1 can (120g)	15
Scallops	8 scallops (120g)	13

Flathead	100g	12
Trout	100g	11
Prawn, King	6 (100g)	10
Tuna	100g	10
Salmon	100g	9
Cod, smoked	100g	9
Oysters	6	9
Flake	100g	8
Salmon, canned in water	95g tin	8
Crab	100g	7
Perch	100g	6
Tuna, canned in water	1 can (100g)	5
Fish Finger	2 fingers (50g)	3

Meat Alternatives	Amount	Phosphate points (mmol)
Egg	2 medium	6
Cashews, Almonds dry roasted	1/3 cup	7
Tofu (Bean Curd) (raw)	100g	5
Walnuts, Peanuts	1/3 cup	5
Pecan Nuts, Hazelnuts	1/3 cup	4
Sesame/Sunflower Seeds	1 Tablespoon	3
Macadamia Nuts	1/3 cup	3
Legumes, all kinds (cooked)	½ cup	2-3

Extra

These are treat foods and most are high in fat, sugar and/or salt, therefore should be limited. Choose lower phosphate options where possible.

Miscellaneous	Amount	Phosphate points (mmol)
Meat Pie – individual size	1 serve (175g)	8
Cheese / Plain Scone	1 scone (34 g)	5
Sausage Roll – Individual Size	1 serve (140g)	5
Smith's Twisties – cheese flavour	50g	5
Peanut Butter	1 tablespoon	4
Popcorn (unsalted)	50g	3
Chocolate (milk)	1 row (30g)	3
Vegemite	1 teaspoon	2
Pretzels	45g	2
Smith's flavoured potato crisp	50g	2
Chocolate (white)	1 row (30g)	2
Curry Powder	10g	1
White Sauce	25mls	1
Mustard Sauce	30g	1
Potato Chips (Hot Fries)	12 chips (48g)	1
Curry Paste	25g	1
Tomato Sauce	100mls	1

Nutella	1 tablespoon	1
Dip, Cream cheese based	1 Tablespoon,20g	1
Sour Cream	3 Tablespoon	1
Ice confection, fruit stick	70g (1 serve)	0
Horseradish Cream	1 Tablespoon	0

Cakes, Pastries, Biscuits, Dessert	Amount	Phosphate points (mmol)
Pikelet	1 pikelet (35g)	5
Scone	1 scone (35g)	5
Chocolate cake	1 slice (40g)	4
Sponge cake	1 slice (40g)	4
Carrot cake	1 slice (40g)	3
Cheesecake (plain) + biscuit base	1 slice (60g)	3
Bun, iced	1 bun (65g)	2
Cream filling cookie	3 biscuits	2
Croissant	1 med (67g)	2
Fruit cake	1 slice (55g)	2
Fruit and nut cookies	2	2
Lamington (no cream)	2 fingers	2
Swiss roll	1 slice (40g)	2
Biscuits: Jam filled/choc covered	2 biscuits	1
Shortbread	2 biscuits	1
Cream	3 Tablespoons	1
Cone / wafer	1 cone	0

Non-Alcoholic Beverages	Amount	Phosphate points (mmol)
Cappuccino	180mls	3
Soft drink, cola flavour	375ml (1can)	2
Beer	285ml	1
Fruit Juice	250ml	1
Milo	3 teaspoons	1
Cocoa (powder)	2 teaspoons	1
Ovaltine Powder	4 teaspoons	1
Wine (white or red)	200ml	1
Coffee (instant / dry powder)	1 teaspoon	0
Cordial	50mls	0
Soft drink, non-cola flavours	375mls (1can)	0

Please Note: All items listed as having 0 points may contain some phosphate, but per amount specified it is significantly less than 1 point.