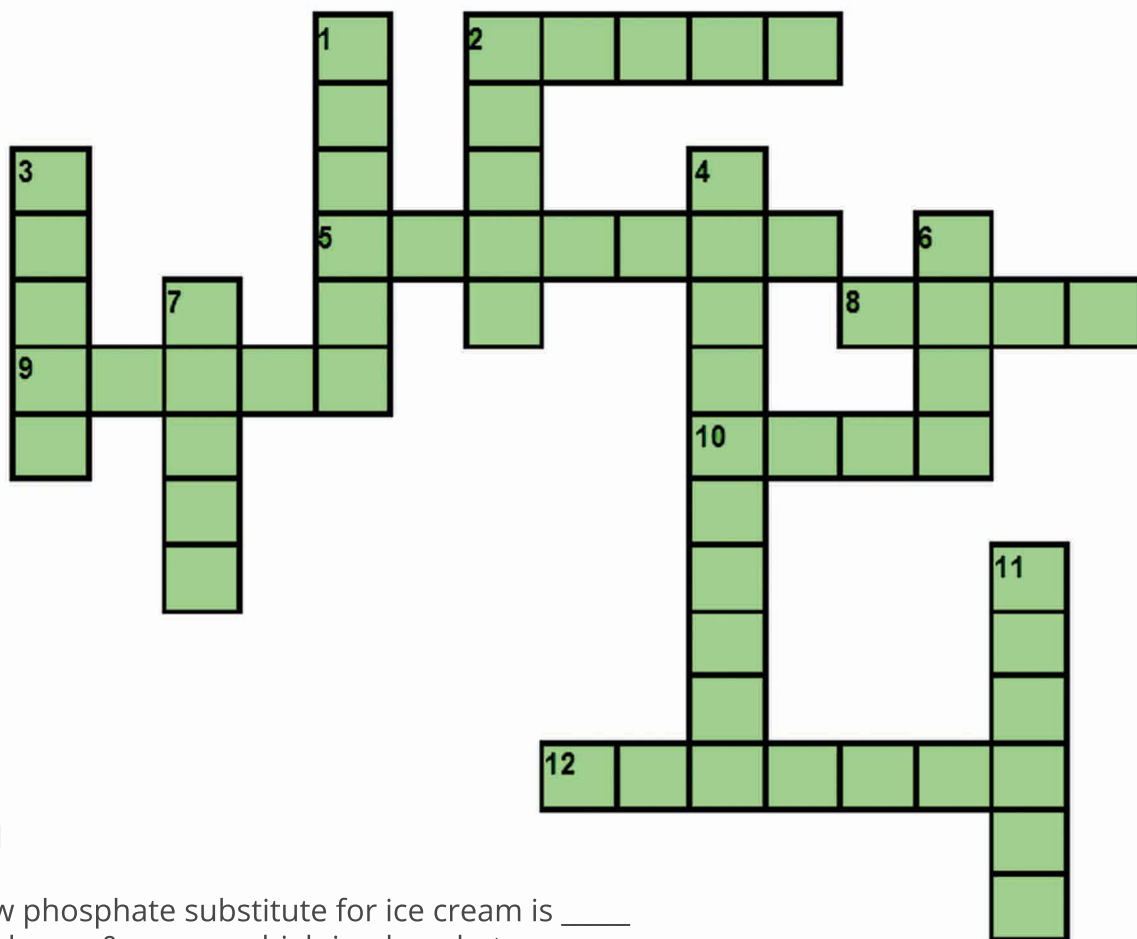




Kidney Diet

promoting a healthy renal diet

Puzzled about Phosphate?



DOWN

1. A low phosphate substitute for ice cream is ____
2. Dried ____ & peas are high in phosphate.
3. When phosphate levels are too high skin may become ____
4. Ask your dietitian about an ____ milk that is low in phosphate.
6. Excess phosphate & calcium join together to form ____ deposits in your body. This is called calcification.
7. ____ products such as milk, cheese & yoghurt are very high in phosphate.
11. A ____ blood phosphate level is between 0.7—1.5 mmol/L.

ACROSS

2. Keeping phosphate & calcium in balance will help your ____ & heart stay strong and healthy.
5. Phosphate ____ help keep phosphate in food from being absorbed in your blood.
8. ____ coloured fizzy drinks are higher in phosphate than light or clear soft drinks.
9. Calcification can occur in the ____, lungs, blood vessels, joints & other soft tissue.
10. Phosphate binders are only effective if taken with ____
12. Excess phosphate in your blood causes ____ to leave your bones.

ANSWERS:
Down: 1 Sorbet, 2 Beans, 3 Itchy, 4 Artificial, 6 Hard, 7 Dairy, 11 Normal.
Across: 2 Bones, 5 Binders, 8 Dark, 9 Heart, 10 Food, 12 Calcium