



Common phosphate and potassium additives in food and drink

If you have been advised to limit **phosphates** or **potassium**, check ingredients labels for additives.

Additives in processed foods are more easily absorbed by the body than those found naturally in food.

For more information visit www.kidneycareuk.org

Common **phosphate** and **potassium** additives to avoid

Phosphate additives

E338 Phosphoric acid
E339 Sodium phosphates
E340 Potassium phosphates
E341 Calcium phosphates
E343 Magnesium phosphates
E450 Diphosphates
E451 Triphosphates
E452 Polyphosphates

Potassium additives

E508 Potassium chloride
E332 Potassium citrate
E340 Potassium phosphates

Additives may be listed with their full name or their E number

Free recipes and food advice for people living with kidney disease



www.kidneykitchen.org