



POTASSIUM, PHOSPHATE & SODIUM ADDITIVES

HERE'S WHAT YOU NEED TO KNOW



WHAT DO WE MEAN BY ADDITIVES ?

Food additives are substances used by the food industry during food preparation. They are not common ingredients like the ones you have in your kitchen

WHY SHOULD YOU READ THE FOOD LABEL?

Additives are labeled with an E number or their full name and can be easily recognized.

If you have CKD, it's best to limit potassium and phosphate additives to help you manage their levels in the blood



WHICH ADDITIVES SHOULD YOU BE ON THE LOOKOUT FOR? THOSE NAMED...

POTASSIUM

The most common potassium additives are **E202, E252, E261**. These are used to increase shelf-life

PHOSPHATE

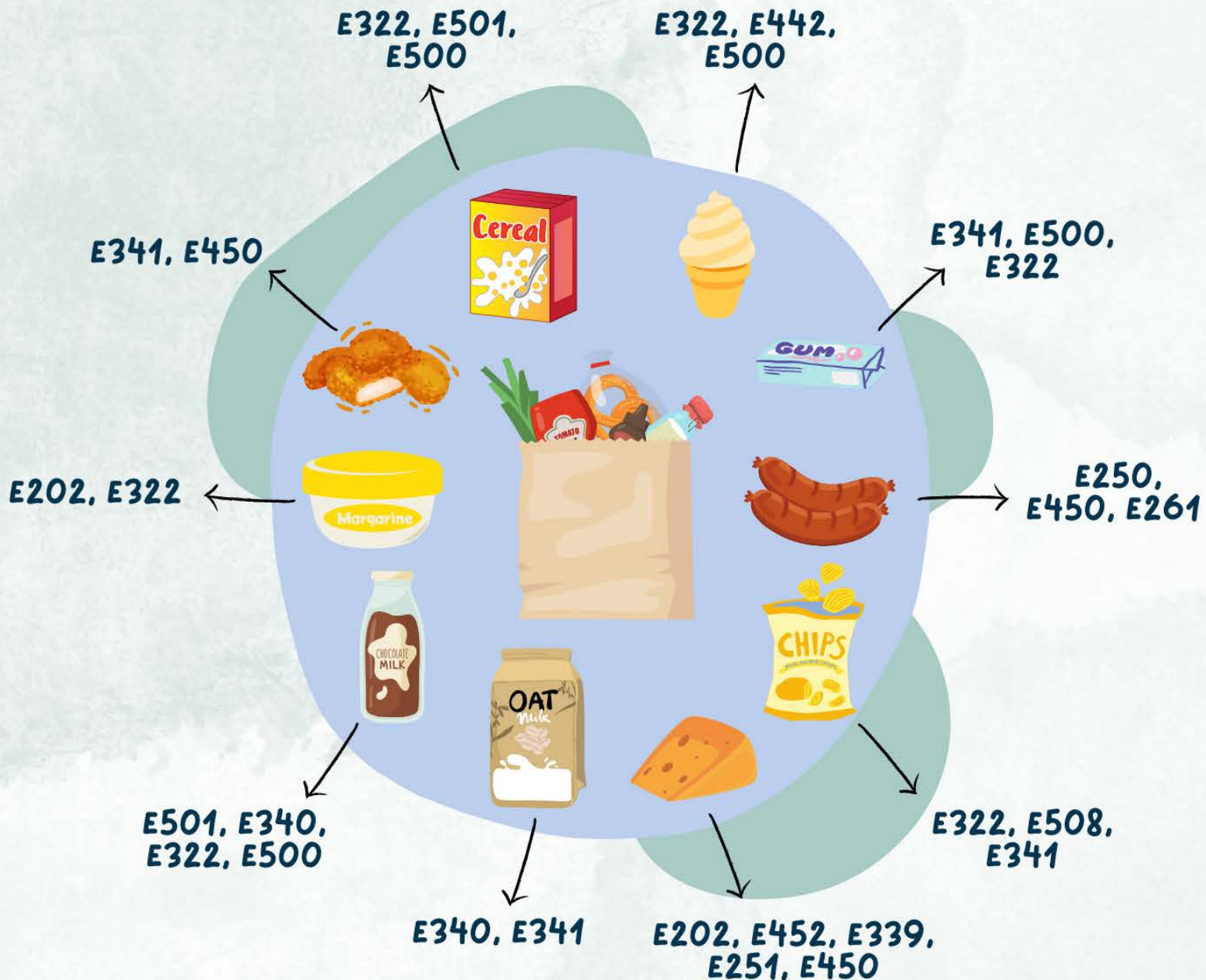
E322, E338, E442 and **E450** are phosphate additives which can be found in foods to control their stability and structure

SODIUM

Sodium additives, like **E621, E500, E250**, and **E211** are added to food to increase flavour and preserve foods



IN WHICH FOODS DO WE FIND THESE ADDITIVES?



Be mindful that reduced-sodium products may contain potassium chloride (E508)

If you are buying one of these foods, check the ingredients and, where possible choose an option without them!

YOU MAY BE SURPRISED TO FIND THESE ADDITIVES IN...

DRIED FRUITS



CANNED VEGETABLES

i.e. pickled cucumbers, onions, beetroot



POTASSIUM SORBATE (E202)

Potassium sorbate protects against yeasts, molds, and bacteria and is used as a food preservative

E202 can also be found in products, like cheese, margarine, mayonnaise, soda, desserts, etc.

DIPOTASSIUM PHOSPHATE (E340)



PLANT-BASED MILK

Dipotassium phosphate is a food preservative and also an acidity regulator

E340 can also be used as baking powder

There are options that do not contain these additives! Check the ingredients and, where possible, choose products without them

POTASSIUM

E202- POTASSIUM SORBATE
 E252- POTASSIUM NITRATE
 E261- POTASSIUM ACETATE
 E340- POTASSIUM PHOSPHATE
 E508- POTASSIUM CHLORIDE
 E332- POTASSIUM CITRATE

PHOSPHATE

E322- LECITHIN
 E338- PHOSPHORIC ACID
 E442- AMMONIUM PHOSPHATES
 E450- DIPHOSPHATES
 E1414- ACETYLATED DISTARCH
 PHOSPHATE

SODIUM

E621- MONOSODIUM GLUTAMATE
 E211- SODIUM BENZOATE
 E250- SODIUM NITRITE
 E500- SODIUM CARBONATES
 E524- SODIUM HYDROXIDE

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