

Arabic renal food guide

The following tables give the potassium and phosphate content of foods commonly eaten by children living in countries in the Middle East.

This practical guide has been devised by a working group of paediatric renal dietitians in Bahrain, Saudi Arabia and the United Arab Emirates, in collaboration with the Paediatric Renal Nutrition Taskforce.

Food tables - potassium

Compositional data sourced and adapted from Public Health England, McCance and Widdowson's The Composition of Foods Integrated Dataset, 2019.

K⁺ content of vegetables and pulses

High potassium (>117mg
(3mmol) per portion)

Moderate potassium (39-117mg
(1-3mmol) per portion)

Lower potassium (<39mg
(1mmol) per portion)

Food name in Arabic	Food	Portion size	Potassium (mg per portion)
VEGETABLES AND PULSES (LEGUMES)			
هليون بالخار	Asparagus, steamed	75g (3 spears)	213
باذنجان مقلي	Aubergine (eggplant), fried in oil, including skin	65g (¼ medium)	111
فاصوليا معلبة بالطماطم	Baked beans, canned in tomato sauce	80g (2 Tbsp)	218
براعم الفاصوليا	Beansprouts	20g (1 Tbsp)	15
شمندر مسلوقة	Beetroot, boiled	35g (1 small)	106
لوبيا مجففة مسلوقة	Black eye beans, dried, boiled	40g (1 Tbsp)	128
فول أخضر	Broad beans, boiled	60g (1 Tbsp)	248
القرنبيط الأخضر (البروكلي) مسلوقة	Broccoli, boiled	40g (1 Tbsp)	85
براعم بروكسل ، مسلوقة	Brussels sprouts, boiled	40g (1 Tbsp)	161
فاصوليا عريضة	Butter beans, dried, boiled	35g (1 Tbsp)	156
القرع الجوزي	Butternut squash, baked	40g (1 Tbsp)	97
الملفوف ، الأخضر ، المسلوقة	Cabbage, green, boiled	40g (1 Tbsp)	75
الفاصوليا البيضاء	Cannellini beans, canned, reheated	30g (1Tbsp)	90
الجزر المسلوقة	Carrot, boiled	40g (1 Tbsp)	66
القرنبيط الأبيض مسلوقة	Cauliflower, boiled	40g (1 Tbsp)	86
كرفس	Celery	12g (½ stick)	36
الحمص المجفف مسلوقة	Chickpeas, dried, boiled	40g (1 Tbsp)	112
الكوسة المسلوقة	Courgette (zucchini), boiled	40g (1 Tbsp)	95
خيار	Cucumber	40g (6 slices)	62
خيار مخلل	Gherkins (pickled baby cucumbers)	35g (1)	37
حمص	Houmous	30g (1 Tbsp)	57
الكراث المسلوقة	Leek, boiled	40g (1 Tbsp)	68
عدس، أحمر، مجروش، مجفف، مسلوقة	Lentils, red, split, dried, boiled	40g (1 Tbsp)	88
الخس، متوسط	Lettuce, average	20g (2 leaves)	44
الفطر المقلي في الزيت	Mushrooms, fried in oil	40g (4 medium)	217
البامية المسلوقة	Okra, boiled	30g (6 medium)	160
البصل المقلي في الزيت	Onion, fried in oil	25g (1 Tbsp)	47
البصل النيئ	Onion, raw	60g (1 small)	83
الجزر الأبيض المسلوقة	Parsnip, boiled	40g (1 Tbsp)	128
البازلاء المسلوقة	Peas, boiled	30g (1 Tbsp)	69
فلفل، أخضر، نيء، مقطع شرائح	Peppers, green, raw, sliced	30g (3 rings)	36
الفلفل الحلو، أحمر، أصفر، نيئ، مقطع شرائح	Peppers, red, yellow, raw, sliced	30g (3 rings)	62
لسان الحمل الكبير، نوع من الموز، مسلوقة	Plantain, boiled	50g (¼ medium)	200
اليقطين المسلوقة	Pumpkin, boiled	40g (1 Tbsp)	34
الفجل	Radishes	20g (2)	40
الفاصوليا الحمراء ، المعلبة ، المعاد تسخينها	Red kidney beans, canned, reheated	30g (1 Tbsp)	110
فاصوليا خضراء طويلة	Runner beans, boiled	30g (1 Tbsp)	31
السلطانية المسلوقة	Spinach, boiled	40g (1 Tbsp)	64
لفت الأصفر	Swede, boiled	40g (1 Tbsp)	70
الذرة الحلوة ، حبات معلبة في الماء ، مصفاة	Sweetcorn, kernels canned in water, drained	30g (1 Tbsp)	47
بطاطا حلوة (برتقالي) مسلوقة	Sweet potato, boiled	40g (1 Tbsp)	150
طماطم	Tomato	65g (1 small)	145
طماطم كرزية	Tomato, cherry	15g (1)	41
طماطم معلبة	Tomato, canned	100g (¼ can)	212
اللفت أبيض مسلوقة	Turnip, boiled	40g (1 Tbsp)	80
ورق اللفت	Turnip tops, boiled	50g (1 Tbsp)	37
جرجير	Watercress	15g (1 Tbsp)	45
بطاطا حلوة (بيضاء) مسلوقة	Yam, boiled	60g (1 small egg-sized)	162

Tbsp, rounded tablespoon.

K⁺ content of fruit

High potassium (>117mg
(3mmol) per portion)

Moderate potassium (39-117mg
(1-3mmol) per portion)

Lower potassium (<39mg
(1mmol) per portion)

Food name in Arabic	Food	Portion size	Potassium (mg per portion)
FRUIT (edible weight, medium size and fresh unless stated otherwise)			
تفاح	Apple	100g (1)	100
مشمش، شبه مجفف	Apricot, semi-dried	20g (3)	276
مشمش	Apricot	80g (2)	216
افوكادو	Avocado	75g (½)	338
موز	Banana	80g (1 small)	264
العليق، توت اسود	Blackberries	40g (8)	64
العنب البري، توت ازرق	Blueberries	45g (2 Tbsp)	36
كرز	Cherries	40g (10)	84
كلمنتين، كلمنتينا / مندرين / يوسفى / تانجرين	Clementine / Mandarin / Satsuma	50g (1 small)	64
التمر المجفف	Dates, dried	30g (2)	218
التين، شبه المجفف	Fig, semi-dried	40g (2)	356
كوكتيل فواكه، معلب في عصير/شراب	Fruit cocktail, canned in juice/syrup	30g (1 Tbsp)	32
جريب فروت	Grapefruit	80g (½)	160
عنب	Grapes	60g (12)	130
كيوي	Kiwi fruit	60g (1)	174
فاكهه ليتشي	Lychees, raw, flesh only	20g (2)	32
الماندرين المعلب في شراب الفاكهة المعلبة	Mandarins, canned in syrup	50g (2 Tbsp)	42
مانجو	Mango	75g (½)	135
شمام أخضر	Melon, honeydew	200g (1 slice)	360
دراق أصفر	Nectarine	90g (1)	153
زيتون	Olives, no stones	30g (10)	27
برتقال	Orange	120g (1 small)	146
باشن فروت	Passion fruit	30g (2)	60
خوخ	Peach	110g (1)	176
كمثرى	Pear	100g (1)	105
أناناس	Pineapple	80g (1 large slice)	97
الأناناس، المعلب في عصير / شراب	Pineapple, canned in juice/syrup	45g (2 slices)	35
برقوق	Plum	55g (1)	132
برقوق شبه المجفف	Prunes, semi-dried	30g (4)	220
الزبيب	Raisins/sultanas, dried	30g (1 Tbsp)	312
توت العليق	Raspberries	60g (15)	102
فراولة	Strawberries	80g (7)	136
بطيخ / حج	Watermelon	120g (10 balls)	120

High K⁺ foods with alternative lower K⁺ foods

High potassium (>117mg (3mmol) per portion)

Moderate potassium (39-117mg (1-3mmol) per portion)

Lower potassium (<39mg (1mmol) per portion)

Food name in Arabic	Food	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
MILKS AND DAIRY PRODUCTS				
مشروب اللوز	Almond drink ^{#†}	100ml	67	67
مشروب الأرز	Rice drink ^{#†}	100ml	27	27
حليب الصويا غير محلي	Soya milk, unsweetened [†]	100ml	74	74
حليب الأم الطبيعي	Human breastmilk, mature [^]	100ml	58	58
الحليب الصناعي	Standard whey-dominant infant formula	100ml	70	70
ايس كريم، فانيليا	Ice cream, vanilla, soft scoop [*]	60g (1 scoop)	98	163
حليب بقري، كامل الدسم	Cow's milk, whole	100ml	157	157
كاسترد معلب	Custard, canned [*]	100g (3 Tbsp)	129	129
روب بالفواكه، كامل الدسم	Yogurt, whole milk, fruit	125g (1 small pot)	213	170
POTATOES				
بطاطس مسلوقة مع القشرة	Potatoes, new, boiled, with skin	60g (1 small egg-sized)	226	377
بطاطس، مطبوخة بالفرن، بدون القشرة	Potatoes, old, baked in jacket, flesh only, no skin	100g (1 small)	360	360
بطاطس مقلية وجبه سريعة	Potatoes, chips, cut fine, fast food [*]	75g (small portion)	408	544
بطاطس مهروسة مع الزبدة	Potatoes, old, mashed with butter	45g (1 Tbsp)	151	337
بطاطس مشوية	Potatoes, old, roast	60g (1 small egg-sized)	358	597
CEREAL (GRAIN) AND CEREAL PRODUCTS				
خبز أبيض	Bread, white	40g (1 thick slice)	54	134
خبز أسمر	Bread, brown	40g (1 thick slice)	86	216
خبز كامل النخالة	Bread, whole meal ^{^^}	40g (1 thick slice)	101	253
حبوب الإفطار (رقائق الذرة) مدعم	Breakfast cereal, cornflakes, fortified	20g (3 Tbsp)	18	88
حبوب الإفطار / موسلي، مع المكسرات، غير مدعم	Breakfast cereal, Swiss style muesli or crunchy/crispy style muesli, with nuts, unfortified	30g (2 Tbsp)	87	290
حبوب الإفطار / شوفان مع ماء، مدعم	Breakfast cereal, porridge made with water, fortified	135g (3 Tbsp)	62	46
حبوب الإفطار / شوفان مع حليب كامل الدسم، مدعم	Breakfast cereal, porridge made with whole milk, fortified	135g (3 Tbsp)	268	199
حبوب الإفطار / قمح منفوش، بنكهة العسل، مدعم	Breakfast cereal, puffed wheat, honey coated, fortified	20g (3 Tbsp)	38	188
حبوب الإفطار / بسكويت القمح، مدعم	Breakfast cereal, wheat biscuits, fortified	20g (1 biscuit)	79	397
حبوب الإفطار مع شوكولاتة	Breakfast cereal with chocolate	30g (2 Tbsp)	74	245
حبوب الإفطار، قمح ومتعدد الحبوب، نكهة الشوكولاتة مدعم	Breakfast cereal, wheat and multigrain, chocolate flavored, fortified	30g (2 Tbsp)	107	355

High K⁺ foods with alternative lower K⁺ foods (continued)

High potassium (>117mg
(3mmol) per portion)

Moderate potassium (39-117mg
(1-3mmol) per portion)

Lower potassium (<39mg
(1mmol) per portion)

Food name in Arabic	Food	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
CEREAL (GRAIN) AND CEREAL PRODUCTS				
كيك إسفنجي مع كريمة و مربى	Cake, sponge, jam and butter cream	60g (1 slice)	79	132
كيك إسفنجي الشوكولاتة	Cake, sponge, chocolate fudge	60g (1 slice)	214	357
كيك إسفنجي بالفواكه أو سادة	Cake, sponge, fruit, plain*	60g (1 slice)	231	385
بسكويت الدايجستف المغطى نصفه بالشوكولاته	Cookie (biscuit), digestive, half coated with chocolate*	17g (1)	44	258
بسكويت / كوكيز متوسط السكر (شبه حالي)	Cookie (biscuit), semi-sweet*	14g (2)	24	168
بسكويت / كوكيز	Cookie (biscuit), short, sweet*	20g (2)	31	155
رقائق بالكرمه	Cream crackers	10g (1)	21	215
خبز مقرمش محمص	Crispbread	10g (1)	51	511
نودلز رقيقة / شعيريه مسلوقة	Noodles, egg, fine, boiled	160g (1 cup)	91	57
معكرونه, بيضاء, جافة, مسلوقة	Pasta, white, dried, boiled	90g (3 Tbsp)	103	114
دقيق عصيدة الذرة	Polenta, raw	10g (1 Tbsp)	3	3
أرز أبيض مسلوق	Rice, white boiled	80g (2 Tbsp)	10	12
أرز أسمر مسلوق	Rice, brown, boiled^^	80g (2 Tbsp)	50	62
أرز الريفوتو السادة	Risotto, plain	40g (1 Tbsp)	29	73
السميد النيئ	Semolina, raw	15g (1½ Tbsp)	32	214
التابيوكا النيئ	Tapioca, raw	15g (1½ Tbsp)	3	2
NUTS AND SEEDS				
لوز	Almonds	13g (6 whole)	95	733
جوز برازيلي	Brazil nuts	10g (3 whole)	66	660
الكاجو / البندق	Cashews/hazel nuts	10g (10 whole)	72	720
فول سوداني غير مملح	Peanuts, unsalted	13g (10 whole)	87	670
زبدة الفول السوداني الناعمة	Peanut butter, smooth	15g (thinly spread on 1 slice of bread)	105	700
فستق	Pistachios	14g (20 whole)	146	1040
الجوز	Walnuts	20g (6 halves)	90	450
بذور اليقطين	Pumpkin seeds	20g (1 Tbsp)	164	820
حبوب دوار الشمس	Sunflower seeds	16g (1 Tbsp)	114	710
حبوب السمسم	Sesame seeds	8g (1 Tbsp)	46	570
حبوب الشيا الجافة	Chia seeds dried#	6g (1 Tbsp)	49	813
بذور القنب	Hemp seeds#	7g (1 Tbsp)	84	1200
بذور الخشخاش	Poppy seeds	7g (1 Tbsp)	49	700
صنوبر	Pine nuts	15g (1 Tbsp)	117	780
طحينة	Tahini paste	19g (1 tsp)	110	580

High K⁺ foods with alternative lower K⁺ foods (continued)

High potassium (>117mg (3mmol) per portion)

Moderate potassium (39-117mg (1-3mmol) per portion)

Lower potassium (<39mg (1mmol) per portion)

Food name in Arabic	Food	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
MEAT, CHICKEN, FISH				
برجر لحم مشوي جاهز	Burger, beef, commercial, grilled, average*	35g (1 patty)	133	380
دجاج/لحم بقرى/لحم غنم مشوي بدون عظم	Chicken/lamb/beef/pork, roasted, meat only	50g (1 thick slice)	165/180/185/200	330/360/370/400
دجاج الناجتس المقلي	Chicken nuggets*	70g (4)	195	278
سمك القد بالبخر او الماكرويف بدون عظم	Cod, steamed/microwaved, flesh only	60g (½ medium fillet)	254	424
سمك القد مشوي مطبوخ مع صوص	Cod in batter, baked	60g (½ small fillet)	138	230
سمك السالمون مخبوز او مشوي من دون عظم	Salmon, baked/grilled, flesh only	50g (½ medium fillet)	206	412
MISCELLANEOUS				
حلوى	Candy (boiled sweets)	5g (1 piece)	0	5
رقائق البطاطس	Potato crisps*	25g (1 small bag)	332	1328
رقائق التورتيللا شيبس	Tortilla chips*	25g (1 small bag)	71	285
رقائق/ قرايش الذرة	Corn snacks*	25g (1 small bag)	82	329
لوح شوكولاتة سادة	Chocolate, plain*	50g (1 small bar)	150	300
حليب الشوكولاتة	Chocolate, milk*	50g (1 small bar)	226	451
قهوة سريعة التحضير بودرة	Coffee, instant, powder*	2g (1 tsp)	76	3780
بودرة مشروب الكاكاو / الشوكولاتة	Drinking chocolate, powder*	6g (1 tsp)	30	495
بودرة الكاكاو	Cocoa, powder*	6g (1 tsp)	90	1500
خلاصة الخميرة	Yeast extract	1g (thin scraping on 1 slice of bread)	21	2100
زبدة نباتية	Margarine	5g (1 tsp)	trace	trace
زبدة	Butter	5g (1 tsp)	1	27
زيت (ماعدا زيت السمسم)	Oil (except sesame oil)	10g (1 Tbsp)	0	trace
زيت السمسم	Oil, sesame	10g (1 Tbsp)	2	20
مرابي البرتقال / مرابي	Jam/marmalade	15g (1 Tbsp)	6	43
عسل	Honey	15g (1 Tbsp)	7	51
سكر	Sugar	5g (1 tsp)	0	5
خل	Vinegar	15g (1 Tbsp)	5	34
أعشاب قليلة البوتاسيوم	Herbs with low K ⁺ content ^Δ	1g (1 tsp)	3-<39	255-<3900
أعشاب متوسطة البوتاسيوم	Herbs with moderate K ⁺ content ^{ΔΔ}	1g (1 tsp)	39-47	3900-4700
بهارات قليلة البوتاسيوم	Spices with low K ⁺ content ^{ΔΔΔ}	2g (1 tsp)	1-< 39	73-<1950
بهارات متوسطة البوتاسيوم	Spices with moderate K ⁺ content ^{ΔΔΔΔ}	2g (1 tsp)	39-58	1950-2910
زبد الفول السوداني	Peanut butter	15g (on 1 slice of bread)	105	700
صلصة بيضاء	White sauces	15g (1 Tbsp)	25-28	167-188
صلصة الطماطم	Tomato-based sauces	15g	42	280
دبس	Molasses	15g (1 Tbsp)	220	1460
بديل الملح	Salt substitutes	1g (1 tsp)	360-500	36,000-50,000

Table 12: High K⁺ foods with alternative lower K⁺ foods (continued)

High potassium (>117mg (3mmol) per portion)

Moderate potassium (39-117mg (1-3mmol) per portion)

Lower potassium (<39mg (1mmol) per portion)

Food name in Arabic	Food	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
DRINKS				
ماء/مياه غازية/مياه بنكهة الفاكهة	Water, fizzy drinks, fruit cordials	150ml (1 glass)	0	0
عصير التفاح	Apple juice	150ml (1 glass)	133	89
عصير البرتقال	Orange juice	150ml (1 glass)	164	164
عصير الجزر	Carrot juice	150ml (1 glass)	360	240
عصير الطماطم	Tomato juice	150ml (1 glass)	345	230
شاي أسود / شاي أخضر / شاي أعشاب	Tea, black, green, herbal	100ml (1 cup)	24	24

U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019.

[†] Plant-based drinks and milks are not suitable as a sole source of nutrition. It is not advisable to give rice milk to infants and young children due to its high arsenic content.

[^] McCance and Widdowson 2019; analysis is based on data published in 1977. More recent local analysis of breastmilk may have a different potassium content.

* low nutritional value

^{^^} The routine omission of products from the diet based simply on their K content should be discouraged, considering the bioavailability of K in unprocessed plant foods is no more than 60% and they offer other nutritional benefits (vitamins, minerals, fiber). It may be beneficial to choose foods with a low K-fiber ratio to enable a higher fiber intake to be maintained while lowering dietary K.

^{^^} يجب عدم منع بعض الأطعمة من النظام الغذائي اعتماداً فقط على محتوى البوتاسيوم مع الأخذ في الاعتبار أن التوافر البيولوجي للبوتاسيوم في الأطعمة النباتية الطبيعية لا تزيد عن 60% وهي تقدم فوائد غذائية أخرى مثل الفيتامينات والمعادن والألياف . قد يكون من المفيد اختيار الأطعمة التي تحتوي على نسبة منخفضة من البوتاسيوم وعاليه في الألياف .

† المشروبات النباتية والحليب النباتي لا يعتبر مصدر كامل للتغذية . لا ينصح بإعطاء حليب الأرز للرضع والأطفال الصغار بسبب نسبة عالية من الزرنيخ.

Δ Basil (dried, ground; fresh), coriander leaves (fresh), coriander seeds, dill (dried; fresh), dill seeds, marjoram (dried), mint (dried; fresh), oregano (dried, ground; fresh), parsley (fresh), rosemary (fresh; dried), sage (dried, ground; fresh), tarragon (dried, ground), thyme (dried, ground; fresh) ΔΔ Chervil (dried), coriander leaves (dried), parsley (dried) ΔΔΔ Cardamom (ground), cinnamon (ground), cloves (dried), cumin seeds, curry powder, fennel seeds, ginger (fresh; ground), nutmeg (ground), pepper (black; white), saffron ΔΔΔΔ Chilli powder, paprika, pepper cayenne (ground), turmeric (ground).

Δ الريحان (الجلف) : مطحون؛ طازج) ، أوراق الكزبرة (طازجة) ، بذور الكزبرة ، الشبت (جاف ؛ طازج) ، بذور الشبت ، بردقوش (الجلف) ، النعناع (جاف ؛ طازج) ، أوريجانو/الزعرور البري (جاف ؛ مطحون؛ طازج) ، البقدونس (الطازج) ، روزماري/أكليل الجبل / حصي البان (طازج ؛ جاف) ، المرهمية (جاف ؛ مطحون؛ طازج) ، طرخون (جاف ؛ مطحون) ، الزعرور (الجلف) ، الأرض ؛ طازج)

ΔΔ أوراق الكزبرة (الجلف)، البقدونس (المطحون)

ΔΔΔ قرفة (مطحون)، هيل (مطحون)، القرنفل (مجفف) ، بذور الكمون ، مسحوق الكاري،بذور الشمروالزنجبيل (طازجة ؛ مطحون)، الفلفل (أسود ؛ أبيض). جوزة الطيب (مطحون)، الزعفران

ΔΔΔΔ مسحوق الفلفل الحار ، الكركم (مطحون)، مسحوق الفلفل الأحمر الحار الحلو، بابريكا، مسحوق الفلفل الحار كاين

Arabic foods

The potassium content of food items per 100g is taken from research papers and other reference texts. An average is taken where there are ranges of published potassium content. Portion size and potassium per portion size has been estimated by the working group. Please note potassium content varies depending on cooking method, ingredients and household measurement.

K⁺ content of appetizers

High potassium (>117mg (3mmol) per portion)

Moderate potassium (39-117mg (1-3mmol) per portion)

Lower potassium (<39mg (1mmol) per portion)

Food name in Arabic	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
آلو جاب / كبة البطاطا	Aloo chop (fried battered potato)	Potato, oil, flour	70g (1 large piece)	346	494
خبز شرائح اسمر	Bread, brown sliced loaf	Wheat flour, yeast, salt, sugar, palm oil/ghee, milk powder	34g (1 average slice)	33	96
عيش بر / خبز قمح كامل	Bread, burr, whole wheat	Whole wheat flour	70g (1 large)	157	224
خبز ذرة	Bread, corn	Corn flour	50g (1 slice)	110	219
خبز قرص	Bread, gurus (fried)	Whole wheat flour, vegetable oil, salt, water	100g (4 pieces)	118	118
خبز مفروود	Bread, mafroud, flat bread	Wheat flour	25g (1 slice, ¼ loaf)	17	67
خبز الدخن	Bread, millet	Millet flour	40g (1 slice)	79	198
خبز رقاق	Bread, ragag	Whole wheat flour, salt, water	70g	120	172
خبز صامولي	Bread, samouli	Wheat flour	25g (1 slice / ½ loaf)	80	321
خبز تنور	Bread, tandoori	Wheat flour	70g (1 large slice)	81	115
خبز شرائح ابيض	Bread, white, sliced loaf	Wheat flour, yeast, salt, sugar, palm oil/ghee, milk powder	40g (1 thick slice)	36	89
ورق عنب	Grape leaves, stuffed / warak inab	Minced meat, grape leaves, sweet pepper, rice, tomato, onion, parsley, spice, lime, salt, water	70g (3 small pieces)	109	155
الحسو	Hesso	Cress seeds, sugar, water, turmeric, ginger, black pepper, cumin, ghee, eggs, black dried lemon powder	47g (3 Tbsp)	138	293
فلافل	Legumes / falafil	Broad beans and/or chickpeas, peppers, green coriander, spices, garlic, salt	60g (3 small patties)	375	625
فول مدمس	Legumes / fowl mudames	Fava beans, tahini, vegetable oil, tomato, pepper, palm oil, lemon juice, garlic, salt	90g (½ cup)	532	591
سلطة خضار مشكل	Salad, mixed	Tomato, cucumber, sweet pepper, carrot, parsley, lettuce, salt, lemon juice, oil	50g (½ cup)	42	83
شوربة عدس	Soup, lentil / shourbat addas	Lentils, peppers, onions, tomatoes, salt	124g (½ cup)	295	238
شوربة لحم	Soup, meat / shorbat laham	Beef, blanched wheat, onion, ghee, mixed spices, salt, water	122g (½ cup)	52	43

K⁺ content of main courses

High potassium (>117mg
(3mmol) per portion)

Moderate potassium (39-117mg
(1-3mmol) per portion)

Lower potassium (<39mg
(1mmol) per portion)

Food name in Arabic	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
عصيدة مع لحم غنم	Asedan ma'lahm	Cooked dough with lamb	100g (½ cup)	162	162
عسليّة	Assalya / date syrup soup	Date syrup, butter, black pepper, cardamom, water	100g (½ cup)	226	226
جولة بالعسل / المهفوسة	Bread with honey / chola bil-assal	Wheat flour, black pepper, ghee, honey, salt, water	40g	34	84
مطبق موز	Bread-based dish (pan-fried bread with banana, banana paste) / motabak belmouz	Flour, salt, egg, banana, sugar, oil	65g (2 pieces)	135	208
مطبق مع لحم	Bread-based dish (pan-fried bread with meat) / motabak ma'lahm	Wheat flour, salt, egg, meat, oil, spices	65g (2 pieces)	116	178
نخج / نخي (نوع من انواع الحمص) بلبيلة الحريف	Chickpeas, boiled / nekhee	Chickpeas, water, salt, chilli	100g (½ cup)	215	215
مرقوقة دجاج	Chicken and bread stew / markoukah dajaj	Bread, tomato, chicken, vegetables, spices, onion, garlic, water	80g (½ cup)	206	258
دجاج بالفرن	Chicken, roasted / dajaj belfern	Chicken, tomato, potato, carrot, onion, salt, spices	50g	175	350
مرق دجاج بالخضار	Chicken with vegetables, curried / marrag dajaj	Chicken, onion, tomato, potato, eggplant, okra, squash, garlic, mixed spices, salt, water	100g (½ cup)	68	68
مطازيز	Dumpling (flat dumplings in stew) / mataziz	Flour, meat, vegetables, tomato sauce, spices	70g (2 Tbsp cooked)	207	295
شكشوكة	Egg omelette / shakshuka	Eggs, oil, salt, onion, tomato, white pepper	70g (2 Tbsp)	146	208
سمك الحمام المقلي	Fish, hamam, fried	Hamam, corn oil, salt, spices	50g (1 thick slice)	250	500
سمك هامور مطبوخ في الأرز	Fish, hamour, cooked in rice	Hamour, rice, onions, garlic, potato, corn oil, butter, salt, mixed spices, ground cardamom, dried lemon, chopped pepper, water	100g (½ cup)	310	310
سمك كنعدي / جنعدي صالونة	Fish, kanaad / chanaad, cooked, curried	Kanaad, onion, tomato, eggplant, garlic, green coriander, tomato paste, corn oil, salt, mixed spices, ripe tamarind, dried lemon, water	100g (½ cup)	420	420
سمك كنعدي / جنعدي مقلي	Fish, kanaad / chanaad, cooked, fried	Kanaad, corn oil, salt, spices	50g (1 thick slice)	265	530
سمك كنعدي / جنعدي مطبوخ في الأرز	Fish, kanaad / chanaad, cooked in rice	Kanaad, rice, onions, garlic, potato, corn oil, butter, salt, mixed spices, ground cardamom, dried lemon, chopped pepper, water	½ cup (50g)	200	400
سمك ميد مشوي	Fish, maid, cooked, grilled	Maid, spices	50g (1 thick slice)	165	330
مرق السمك	Fish, curried / marraq al-samak	Fish, onion, tomato, mixed spices, potato, vegetable oil, salt, water	100g (½ cup)	190	190
سمك قرقوفان مشوي	Fish, qorqofan, cooked, grilled	Qorqofan, spices	50g (1 thick slice)	195	390

K⁺ content of main courses (continued)

High potassium (>117mg (3mmol) per portion)

Moderate potassium (39-117mg (1-3mmol) per portion)

Lower potassium (<39mg (1mmol) per portion)

Food name in Arabic	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
سمك (الصافي) سالونه	Fish, safy, cooked, curried	Safy, onion, tomato, eggplant, garlic, green coriander, tomato paste, corn oil, salt, mixed spices, ripe tamarind, dried lemon, water	100g (½ cup)	330	330
سمك (الصافي) مشوي	Fish, safy, cooked, grilled	Safy, spices	50g (1 thick slice)	240	480
سمك مشوي	Fish, samak mashwi, cooked, grilled	Fish, dates, onion, garlic, coriandar, salt, spice, lime, water	100g (½ cup)	350	350
سمك شعري سالونه	Fish, shuaary, cooked, stewed	Shuaary, onion, tomato, eggplant, garlic, green coriander, tomato paste, corn oil, salt, mixed spices, ripe tamarind, dried lemon, water	100g (½ cup)	400	400
سمك شعري مقلي	Fish, shuaary, cooked, fried	Shuaary, corn oil, salt, spices	50g (1 thick slice)	280	560
سمك شعري مطبوخ في الأرز	Fish, shuaary, cooked in rice	Shuaary, rice, onions, garlic, potato, corn oil, butter, salt, mixed spices, ground cardamom, dried lemon, chopped pepper, water	70g (2 Tbsp)	287	410
سمك ينم مشوي	Fish, yanam, cooked, grilled	Yanam, spices	50g (1 thick slice)	180	360
يخنة اللحم المطبوخ مع الخضار	Lamb casserole	Lamb, flour, oil, onion, carrots, celery, garlic, rosemary, lamb stock, tomato, potato, butter	100g (½ cup)	324	324
دال	Legumes (split pulses) / dahal	Lentils, potato, onion, tomato, spices, oil	100g (½ cup)	286	286
باجلا	Legumes (fava beans) / bajelah	Fava beans, water, salt	100g (½ cup)	215	215
مرق الشبزي	Meat dish with sauce / marag shabzi	Meat, white beet, leek, coriander, tomato, onion, green beans, fenugreek, limes, tomato paste, garlic, spice, water, salt	70g (2 Tbsp)	147	210
تشریب	Meat with bread / tashreeb	Meat, bread, potato, tomato, onion, gourd, tomato paste, water, salt, limes, spice, oil	70g (2 Tbsp)	189	270
تكة لحم بحرينية	Meat, grilled beef cubes / tikka laham (bahraini)	Beef, dried lemon, salt	100g	331	331
كفتة	Meat, minced / kofta	Minced meat, onion, parsley, tomato, salt, oil, spice	100g	350	350
شربة الكسافا	Muhogo, cassava soup	Cassava, coconut milk, chili, salt, water	70g (2 Tbsp)	57	81
معكرونة بالبشاميل	Pasta with bechamel sauce / macaroni bil bashamel	Macaroni, minced meat, onion, tomato, white flour, eggs, milk, butter, spice, salt, water	105g (½ cup)	116	110

K⁺ content of main courses (continued)

High potassium (>117mg
(3mmol) per portion)

Moderate potassium (39-117mg
(1-3mmol) per portion)

Lower potassium (<39mg
(1mmol) per portion)

Food name in Arabic	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
كبة/جة ربيان	Prawns and rice balls / chebah rebian	Minced prawns, rice flour, onion, garlic, tamarind paste, tomato, spices, oil	100g (½ cup)	244	244
أرز مفلفل	Rice / ruz mufalfal	Mainly rice, oil, onions. Usually eaten with fried fish, chicken or meat stews	70g (2 Tbsp)	18	25
قوزي	Rice dish with lamb / qouzi	Mainly rice, lamb, onion, boiled eggs, pine seeds, almonds, oil, spices, salt, saffron, rose water, currants, cinnamon, cardamom, water	70g (2 Tbsp)	132	189
سليق دجاج	Rice with chicken and milk / chicken saleeg	Mainly rice, chicken, chicken stock cubes, milk, butter, salt, coriander, pepper	70g (2 Tbsp)	62	88
برياني دجاج	Rice, chicken biryani / biryani dajaj	Mainly rice, chicken, potato, sweet pepper, onion, tomato, carrots, oil, salt, spice, saffron, water, limes	70g (2 Tbsp)	119	170
مجبوس دجاج/كبسة دجاج	Rice with chicken / chicken machbous / kabsa	Mainly rice, chicken, butter, tomato purée/tomato paste onion, salt, spices +/- potato/carrots	70g (2 Tbsp)	78	111
أرز مشخول بالباذنجان	Rice with eggplant / mashkoul bil bathengen	Rice, eggplant, onion, potato, tomato, salt, spice, oil	70g (2 Tbsp)	91	130
كبسة سمك	Rice with fish / fish kabsa	Mainly rice, fish (haddock), fish stock, butter, corn oil, onion, salt, hot pepper, lemon juice, garlic paste, coriander	70g (2 Tbsp)	67	96
أرز مع خضار مشكل	Rice / ruz ma khudar mushakal	Mainly rice, mixed vegetables (peas, carrots, green beans), onion, salt, spices, palm oil	70g (2 Tbsp)	93	133
كبسة/مجبوس لحم	Rice dish with lamb / meat kabsa / machbous	Mainly rice, meat, corn oil, salt, onion, hot pepper, dried dark lemon, tomato, vegetable oil, spices +/- potato/carrots	70g (2 Tbsp)	77	110
عيش-أرز ابيض	Rice, white / aish abaid	Rice, onion, ghee, salt and water	70g (2Tbsp)	18	25
أرز برنيوش / أرز محمر	Rice / baranuosh	Rice, date syrup, fish, onion, vegetable oil, mixed spices, salt, water	70g (2 Tbsp)	120	172
أرز	Rice dish with fish and lentils / kalambah	Fish, rice, lentils, onion, mixed spices, ghee, salt, water	70g (2 Tbsp)	145	207
أرز مشخول	Rice, mashkoul	Mainly rice, onion, oil, salt, water, spices	70g (2 Tbsp)	15	21
أرز كابلي	Rice, kabli	Rice, brown onions, butter/oil, salt, spice. Eaten alone or with vegetables/meat/fish	70g (2 Tbsp)	43	62

K⁺ content of main courses (continued)

■ High potassium (>117mg (3mmol) per portion)

■ Moderate potassium (39-117mg (1-3mmol) per portion)

■ Lower potassium (<39mg (1mmol) per portion)

Food name in Arabic	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
حمسة روبيان	Shrimp dish / hameset rubyan	Shrimp, coriander, tomato, onion, garlic, oil, spices, salt, limes	100g (½ cup)	133	133
مמוש ربيان	Shrimp dish with mung beans and rice / momowash rebian	Rice, mung beans, vegetables, prawns, spices, onion, tomato paste, oil	100g (½ cup)	190	190
ربيان سالونة	Shrimp / rubian, cooked, curried	Shrimp, onion, tomato, eggplant, garlic, green coriander, tomato paste, corn oil, salt, mixed spices, ripe tamarind, dried lemon, water	100g (½ cup)	230	230
ربيان مطبوخ في الأرز	Shrimp, cooked in rice / rubian	Shrimp, rice, onions, garlic, potato, corn oil, butter, salt, mixed spices, ground cardamom, dried lemon, chopped pepper, water	70g (2 Tbsp)	175	250
محشي إدام	Vegetables, stuffed / mahshee edam	Vegetables: tomato, peppers, squash, eggplant Filling: rice, minced lamb, tomato purée, garlic powder, salt, pepper, onion, tomato, oil, coriander, sliced potato Sauce: tomato purée, water, salt, pepper	50g (1 medium)	120	240
مصقعة باذنجان	Vegetables, eggplant-based dish / moussaka bazinjan	Eggplant, ground beef, tomato, oil	70g (½ cup)	208	297
محشي كوسا	Vegetables, zucchini, stuffed / mahshi bil koosa	Zucchini, rice, minced meat, tomato, onion, sweet pepper, parsley, salt, oil, spices, limes	50g (1 medium)	105	210
مصقعة كوسه	Vegetables, zucchini-based dish / moussaka kussa	Zucchini, ground beef, tomato, oil	70g (½ cup)	205	294
بلاليط	Vermicelli, fried / balaleet	Vermicelli, sugar, egg, water	144g (1 cup)	76	53
مقوق لحم	Wheat-based dish / margook	Whole wheat flour, meat, onion, garlic, dried lime, tomato paste, tomatoes, zucchini, eggplant, pumpkin, carrots, spices, pepper, butter, hot pepper, salt	80g (½ cup)	144	180
هريس دجاج	Wheat, crushed, with chicken / chicken harese	Crushed wheat, chicken, salt, water	125g (½ cup)	61	49
هريس لحم	Wheat, crushed, with meat / meat hares	Crushed wheat, beef, salt, water	125g (½ cup)	115	92
قرصان لحم	Wheat-based dish with mutton / qorsan	Wheat flour (white), mutton, carrots, peas, onion, tomato, corn oil, salt, spices	90g (½ cup)	119	132

K⁺ content of desserts

High potassium (>117mg (3mmol) per portion)

Moderate potassium (39-117mg (1-3mmol) per portion)

Lower potassium (<39mg (1mmol) per portion)

Food name in Arabic	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
الزبادي اليوناني منزوع الدسم بدون نكهة	Yogurt, Greek	Plain, non-fat, commercial	100g	141	141
الزبادي اليوناني كامل الدسم بدون نكهة	Yogurt, Greek	Plain, full-fat, commercial	100g	147	147
الزبادي اليوناني قليل الدسم بنكهة	Yogurt, Greek	Flavoured, low-fat, commercial	100g	133	133
حلى عش البلبل	Aish el bulbul (fine stringy dough with pistachios/cashews, fried)	Kunafa dough, pistachios/cashews, ghee, wheat flour, sugar, corn starch	23g (1 piece)	24	103
معمول بالتمر	Akras b'tamer (date biscuits)	Semolina, ghee/butter, flour, oil, sugar, milk, mahlab, dates, cinnamon powder, anise powder, icing sugar	22g (2 small pieces)	94	427
عصيدة	Assidah	Wheat flour, sugar, ghee, salt, water	55g (½ cup)	11	20
بقلاوة	Baglawa	Filo dough, walnuts, pistachios, butter, cinnamon, syrup (water, sugar, vanilla extract, honey)	23g (1 small piece)	42	181
بقلاوة بالفستق	Baklawah b'fistuk	Filo pastry, pistachios, sugar syrup	76g (1 large piece)	154	202
بلورية	Ballowreyyeh sweet / balorea sweet	Kunafa dough, sugar, pistachios, butter ghee, starch, rose water	24g (1 small piece)	63	263
حلى بثيث	Betheeth	Dates, wheat flour, butter/ghee, cardamom	55g (¼ cup)	717	1303
برمة بالفستق	Borma b'fistuk	Kunafa dough, pistachio, flour, starch, ghee, sugar, salt, water, rose water, Arabic sweet syrup	24g (1 small piece)	101	422
برمة باللوز	Borma b'lawz	Kunafa dough, sugar, almond, butter ghee, starch, rose water	24g (1 small piece)	58	243
كنافة بالجبن	Cheese kunafa (semolina dessert with cheese)	Condensed milk, flour, semolina, orange blossom water, ghee/butter, akawi cheese, sugar, mozzarella cheese, pistachio	37g (1 small piece or 2 Tbsp)	28	75
إلبة	Elbah (milk and egg dessert)	Egg, milk, sugar, cardamom, saffron	47g (3 Tbsp)	70	149
حلى فيصلية	Faisallyyeh	Kunafa dough, pistachio, sugar, rose water, ghee, Arabic sweet syrup	24g (1 small piece)	99	411
غريبة	Ghraybeh	Butter, sugar, flour, rose water	24g (2 pieces)	27	112
حلاوه الجبن بالقشطة	Halawet el jibn b'kashta	Semolina, akawi cheese, milk, powder cream, flour, sugar, pistachio	41g (2 medium or 1 large piece)	50	121

K⁺ content of desserts (continued)

■ High potassium (>117mg (3mmol) per portion)

■ Moderate potassium (39-117mg (1-3mmol) per portion)

■ Lower potassium (<39mg (1mmol) per portion)

Food name in Arabic	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
حلاوة الأرز بالقشطة	Halawet el riz b'kashta (sweet rice and cream)	Rice flour, milk, akawi cheese, sugar, rose water, milk powder, cream, pistachio	41g (2 medium or 1 large piece)	34	84
هريسة الفستق	Hareeset el fistuk / pistachio harisa (semolina with pistachio)	Ground pistachio, semolina, sugar, egg, cream, butter, baking powder, vanilla cream, milk, syrup	70g (2Tbsp)	331	473
هريسة اللوز	Hareeset el lawz / almond harisa (semolina with almond)	Almonds, sugar, semolina, water, egg, orange blossom water, yeast, vanilla, syrup, baking powder, oil, milk, butter	70g (2Tbsp)	232	331
حلاوة الجزر / الجزرية	Jazariyyeh (carrot halwa)	Vegetable oil, butter, carrots, sugar, cardamom, starch, milk, condensed milk, almonds, pistachio, vanilla, white flour, coconut	70g (2Tbsp)	471	673
كنافة بالقشطة	Knafeh b'kashta (semolina cream dessert)	Condensed milk, flour, semolina, ghee, orange blossom water, corn flour, sugar, mozzarella cheese, milk, syrup	35g (1 small piece or 2 Tbsp)	82	233
لقيمات	Legemat (doughnut cake)	Wheat flour, milk powder/yogurt, egg, sugar, oil, salt, yeast	50g (3-4 pieces)	73	145
معمول بالجوز	Maa'moul b'gawz (stuffed walnut biscuit)	Dried yeast, semolina, sugar, mahleb, cardamom, butter, orange blossom water, rose water, rice flour, icing sugar, walnuts, sugar, cinnamon	50g (1 medium)	80	159
مفروكة بالقشطة	Mafroukeh b'kashta (semolina with cream)	Butter, sugar, semolina, orange blossom water, rose water, cream, milk, pistachio powder, milk, corn flour, corn starch, lemon juice	21g (½ Tbsp)	33	159
مهلبية	Mahlabiyyeh	Milk, sugar, corn starch/rice flour, cream, cardamom, orange blossom water/rose water	47g (3 Tbsp)	71	150
مرابي زهر الليمون	Mrabba zahr el laymun	Jam with lemon	70g (2 Tbsp)	5	7
حلوى عثمانلية	Osmalliyyeh (baked vermicelli pastry sandwiched between sweet cream, topped with Arabic candy floss)	Kunafa dough, butter, milk powder, cream, flour, ghee, vegetable oil, lemon blossom water, starch, rose water, pistachio	55g (1 medium piece)	106	192
قرص عقيلي	Qours okaili	Brown flour, eggs, milk, sugar, rose water, oil, saffron, cardamom, bicarbonate, sesame	60g (1 slice)	93	155
قرص الطابي	Qurs altaabi (cardamom crepe)	Egg, wheat flour, cardomom, sugar, oil, +/- milk	65g (1 crepe)	100	154
رنجيه	Rangena	Dates, white flour, butter, cinnamon	30g (1 medium)	209	381
ساقو	Sago	Sabudana, sugar, cardomom, saffron	47g (3 Tbsp)	46	98
تمرية	Tamrea	Dates, white flour, butter	36g (1 medium piece)	223	620
زنود الست	Znood el sitt (creamy fingers with sugar syrup)	Cream, filo pastry, sugar, butter, milk, gar, rose water, orange blossom water, starch, oil, pistachio	36g (1 medium piece)	32	90

Food tables - phosphate

The phosphate content of food items per 100g is taken from research papers and other reference texts. An average is taken where there are ranges of published phosphate content. Please note phosphate content of foods may vary according to cooking method, amount of ingredients used and household measurements used for portion sizes.

P content of appetizers

High in P additives – any processed foods that are known to contain P additives or P additives are listed in the ingredients list, regardless of portion size

High in natural P – foods that are a rich source of natural P ≥ 100 mg P per portion

Lower P alternatives – foods that contain less natural P < 100 mg P per portion

Food name in Arabic	Food	Food description	Portion size	Phosphate (mg per portion)	Phosphate (mg per 100g)
آلو جاب / كبة البطاطا	Aloo chop (fried battered potato)	Potato, oil, flour	70g (1 large piece)	57	82
خبز شرائح أسمر	Bread, brown, sliced loaf	Wheat flour, yeast, salt, sugar, palm oil/ghee, milk powder	34g (1 average slice)	52	152
عيش بر / خبز قمح كامل	Bread, burr, whole wheat	Whole wheat flour	70g (1 large slice)	122	173
خبز ذرة	Bread, corn	Corn flour	50g (1 slice)	71	143
قرص خبز قرص	Bread, gurus (fried bread)	Wheat flour, vegetable oil, salt, water	100g (4 pieces)	91	91
خبز مفروود	Bread, mafroud, flatbread	Wheat flour	25g (1 slice / ¼ loaf)	10	42
خبز الدخن	Bread, millet	Millet flour	40g (1 slice)	73	182
خبز رقاق	Bread, ragag	Whole wheat flour, salt, water	70g	111	159
خبز صامولي	Bread, samouli	Wheat flour	25g (1 slice / ½ loaf)	80	321
خبز قهيس	Bread, tamees	Wheat flour, sesame seeds	45g (1 medium slice)	39	86
خبز تنور	Bread, tandoori	Wheat flour	70g (1 large slice)	57	82
خبز شرائح ابيض	Bread, white sliced loaf	Wheat flour, yeast, salt, sugar, palm oil/ghee, milk powder	40g (1 thick slice)	30	76
ورق عنب	Grape leaves, stuffed / warak inab	Minced meat, grape leaves, sweet pepper, rice, tomato, onion, parsley, spice, lime, salt, water	70g (3 small pieces)	50	71
الحسو	Hesso	Cress seeds, sugar, water, turmeric, ginger, black pepper, cumin, ghee, eggs, black dried lemon powder	47g (3 Tbsp)	13	28
حمص	Legumes / hummus	Chickpeas, tahini, vegetable/olive oil, lemon juice, garlic, salt	30g (1 Tbsp)	54	179
فلافل	Legumes / falafil	Broad beans and/or chickpeas, peppers, green coriander, spices, garlic, salt	60g (3 small patties)	166	276
فول مدمس	Legumes / fowl mudames	Fava beans, tahini, vegetable oil, tomato, pepper, palm oil, lemon juice, garlic, salt	90g (½ cup)	203	226
سلطة خضار مشكل	Salad, mixed	Tomato, cucumber, sweet pepper, carrot, parsley, lettuce, salt, lemon juice, oil	50g (½ cup)	21	42
شورية عدس	Soup, lentil / shourbat addas	Lentils, peppers, onions, tomatoes, salt	124g (½ cup)	361	292
شورية لحم	Soup, meat / shorbat laham	Beef, blanched wheat, onion, ghee, mixed spices, salt, water	122g (½ cup)	35	28

P content of main courses

High in P additives – any processed foods that are known to contain P additives or P additives are listed in the ingredients list, regardless of portion size

High in natural P – foods that are a rich source of natural P $\geq 100\text{mg P}$ per portion

Lower P alternatives – foods that contain less natural P $< 100\text{mg P}$ per portion

Food name in Arabic	Food	Food description	Portion size	Phosphate (mg per portion)	Phosphate (mg per 100g)
عصيدة مع لحم غنم	Asedan ma'lahm	Cooked dough with lamb	100g (½ cup)	118	118
عسلية	Assalya / date syrup soup	Date syrup, butter, black pepper, cardamom, water	100g (½ cup)	8	8
جوله بالعسل / المهفوسة	Bread with honey / chola bil-assal	Wheat flour, black pepper, ghee, honey, salt, water	40g	25	62
مطبق موز	Bread-based dish (pan-fried bread with banana, banana paste) / motabak belmouz	Flour, salt, egg, banana, sugar, oil	65g (2 pieces)	67	103
مطبق مع لحم	Bread-based dish (pan-fried bread with meat) / motabak ma'lahm	Wheat flour, salt, egg, meat, oil, spices	65g (2 pieces)	93	142
دجاج بالفرن	Chicken, roasted / dajaj belfern	Chicken, tomato, potato, carrot, onion, salt, spices	50g	9	17
مطازيز	Dumpling (flat dumplings in stew) / mataziz	Flour, meat, vegetables, tomato sauce, spices	70g (2 Tbsp)	70	100
قبطوط	Dumpling (stuffed flour dumplings in thick meat stew) / gabbout	Meat, brown flour, onion, tomato, oil, salt, water, spice	200g (1 cup)	178	89
شكشوكة	Egg omelette / shakshuka	Eggs, oil, salt, onion, tomato, white pepper	70g (2 Tbsp)	128	182
سمك الحمام المقلي	Fish, hamam, fried	Hamam, corn oil, salt, spices	50g (1 thick slice)	160	320
سمك هامور مطبوخ في الأرز	Fish, hamour, cooked in rice	Hamour, rice, onions, garlic, potato, corn oil, butter, salt, mixed spices, ground cardamom, dried lemon, chopped pepper, water	100g (½ cup)	220	220
سمك كنعند / جنعد صالونة	Fish, kanaad / chanaad, cooked, curried	Kanaad, onion, tomato, eggplant, garlic, green coriander, tomato paste, corn oil, salt, mixed spices, ripe tamarind, dried lemon, water	100g (½ cup)	240	240
سمك كنعند / جنعد مقلي	Fish, kanaad / chanaad cooked, fried	Kanaad, corn oil, salt, spices	50g (1 thick slice)	165	330
سمك كنعند / جنعد مطبوخ في الأرز	Fish, kanaad / chanaad, cooked in rice	Kanaad, rice, onions, garlic, potato, corn oil, butter, salt, mixed spices, ground cardamom, dried lemon, chopped pepper, water	50g (½ cup)	120	240
سمك ميد مشوي	Fish, maid, cooked, grilled	Maid, spices	50g (1 thick slice)	105	210
سمك قرقفان مشوي	Fish, qorqofan, cooked, grilled	Qorqofan, spices	50g (1 thick slice)	120	240
سمك (الصافي) صالونه	Fish, safy, cooked, curried	Safy, onion, tomato, eggplant, garlic, green coriander, tomato paste, corn oil, salt, mixed spices, ripe tamarind, dried lemon, water	100g (½cup)	220	220
سمك (الصافي) مشوي	Fish, safy, cooked, grilled	Safy, spices	50g (1 thick slice)	135	270
سمك مشوي	Fish, samak mashwi, cooked, grilled	Fish, dates, onion, garlic, coriandar, salt, spice, lime, water	100g (½ cup)	190	190

P content of main courses (continued)

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■ Lower P alternatives – foods that contain less natural P $< 100\text{mg P}$ per portion

Food Name in Arabic	Food	Food description	Portion size	Phosphate (mg per portion)	Phosphate (mg per 100g)
سمك شعري صالونة	Fish, shuaary, cooked, stewed	Shuaary, onion, tomato, eggplant, garlic, green coriander, tomato paste, corn oil, salt, mixed spices, ripe tamarind, dried lemon, water	100g (½ cup)	250	250
سمك شعري مقلي	Fish, shuaary, cooked, fried	Shuaary, corn oil, salt, spices	50g (1 thick slice)	160	320
سمك شعري مطبوخ في الأرز	Fish, shuaary, cooked in rice	Shuaary, rice, onions, garlic, potato, corn oil, butter, salt, mixed spices, ground cardamom, dried lemon, chopped pepper, water	70g (2 Tbsp)	196	280
سمك ينم مشوي	Fish, yanam, cooked, grilled	Yanam, spices	50g (1 thick slice)	100	200
يخنة اللحم المطبوخ مع الخضار	Lamb casserole	Lamb, flour, oil, onion, carrots, celery, garlic, rosemary, lamb stock, tomato, potato, butter	100g (½ cup)	113	113
دال	Legumes (split pulses) / dahal	Lentils, potato, onion, tomato, spices, oil	100g (½ cup)	56	56
مرق الشبزي	Meat dish with sauce / marag shabzi	Meat, white beet, leek, coriander, tomato, onion, green beans, fenugreek, limes, tomato paste, garlic, spice, water, salt	70g (2 Tbsp)	56	80
صالونه لحم البقري	Meat stew / meat salona	Beef, potatoes, onions, tomatoes, green pepper, tomato paste, cauliflower, squash, vegetable oil, spices, water	100g (½ cup)	68	68
اللحم المفور	Meat, boiled / al-laham al-mufour	Meat, tomato, onion, garlic, black pepper, salt, water	100g (½ cup)	272	272
تكة لحم بحرينية	Meat, grilled beef cubes / tikka laham (bahraini)	Beef, dried lemon, salt	100g	353	353
كفتة	Meat, minced / kofta	Minced meat, onion, parsley, tomato, salt, oil, spice	100g	145	145
شربه الكسافا	Muhogo, cassava soup	Cassava, coconut milk, chili, salt, water	70g (2 Tbsp)	4	6
مكرونة بالبشاميل	Pasta with bechamel sauce / macaroni bil bashamel	Macaroni, minced meat, onion, tomato, white flour, eggs, milk, butter, spice, salt, water	105g (½ cup)	104	99
أرز محمر	Rice (sweet date rice) / mahamer	Rice, dates, molasses, oil	70g (2 Tbsp)	26	37
قوزي	Rice dish with lamb / qouzi	Mainly rice, lamb, onion, boiled eggs, pine seeds, almonds, oil, spices, salt, saffron, rose water, currants, cinnamon, cardamom, water	70g (2 Tbsp)	81	116
سليق دجاج	Rice with chicken and milk / chicken saleeg	Mainly rice, chicken, chicken stock cubes, milk, butter, salt, coriander, pepper	70g (2 Tbsp)	74	105

P content of main courses (continued)

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■ Lower P alternatives – foods that contain less natural P $< 100\text{mg P}$ per portion

Food name in Arabic	Food	Food description	Portion size	Phosphate (mg per portion)	Phosphate (mg per 100g)
أرز مشخول بالباذنجان	Rice with eggplant / mashkoul bil bathengen	Rice, eggplant, onion, potato, tomato, salt, spice, oil	70g (2 Tbsp)	30	43
قبولي اللحم	Rice dish with meat / kabooli laham	Rice, beef, tomato, garlic, ginger, vegetable oil, mixed spices, salt, water	70g (2 Tbsp)	12	17
برياني دجاج	Rice, chicken biryani / biryani dajaj	Mainly rice, chicken, potato, sweet pepper, onion, tomato, carrots, oil, salt, spice, saffron, water, limes	70g (2 Tbsp)	72	103
كبسة سمك	Rice with fish / fish kabsa	Mainly rice, fish (haddock), fish stock, butter, corn oil, onion, salt, hot pepper, lemon juice, garlic paste, coriander	70g (2 Tbsp)	71	102
أرز مشخول	Rice, mashkoul	Mainly rice, onion, oil, salt, water, spices	70g (2 Tbsp)	32	45
كبسة/مجبوس لحم	Rice dish with lamb / meat kabsa / machbous	Mainly rice, meat, corn oil, salt, onion, hot pepper, dried dark lemon, tomato, vegetable oil, spices +/- potato/carrots	70g (2 Tbsp)	64	91
عيش-أرز أبيض	Rice, white / aish abaid	Rice, onion, ghee, salt and water	70g (2 Tbsp)	4	6
برياني لحم	Rice / ruz briani	Mainly rice, beef/mutton, tomatoes, onions, green pepper, salt spices, cooking oil	70g (2 Tbsp)	18	26
أرز بخاري بالدجاج	Rice / ruz bukhary	Rice, mixed vegetables (peas, carrots, green beans), onion, salt, spices, palm oil	70g (2 Tbsp)	21	30
أرز مع خضار مشكل	Rice / ruz ma khudar mushakal	Mainly rice, mixed vegetables (peas, carrots, green beans), onion, salt, spices, palm oil	70g (2 Tbsp)	44	63
أرز مفلفل	Rice / ruz mufalfal	Mainly rice, oil, onions. Usually eaten with fried fish, chicken or meat stews	70g (2 Tbsp)	27	38

P content of main courses (continued)

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■ Lower P alternatives – foods that contain less natural P $< 100\text{mg P}$ per portion

Food name in Arabic	Food	Food description	Portion size	Phosphate (mg per portion)	Phosphate (mg per 100g)
حمسة روبيان	Shrimp dish / hameset rubyan	Shrimp, coriander, tomato, onion, garlic, oil, spices, salt, limes	100g (½ cup)	240	240
ربيان صالونة	Shrimp, cooked, curried / rubian	Shrimp, onion, tomato, eggplant, garlic, green coriander, tomato paste, corn oil, salt, mixed spices, ripe tamarind, dried lemon, water	100g (½ cup)	250	250
ربيان مطبوخ في الأرز	Shrimp, cooked in rice / rubian	Shrimp, rice, onions, garlic, potato, corn oil, butter, salt, mixed spices, ground cardamom, dried lemon, chopped pepper, water	70g (2 Tbsp)	196	280
محشي إدام	Vegetables, stuffed / mahshee edam	Vegetables: tomato, peppers, squash, eggplant Filling: rice, minced lamb, tomato purée, garlic powder, salt, pepper, onion, tomato, oil, coriander, sliced potato Sauce: tomato purée, water, salt, pepper	50g (1 medium)	35	69
مصقعة باذنجان	Vegetables, eggplant-based dish / moussaka bazinjan	Eggplant, ground beef, tomato, oil	70g (½ cup)	67	96
مصقعة كوسة	Vegetables, zucchini-based dish / moussaka kussa	Zucchini, ground beef, tomato, oil	70g (½ cup)	71	101
محشي كوسا	Vegetables, zucchini, stuffed / mahshi bil koosa	Zucchini, rice, minced meat, tomato, onion, sweet pepper, parsley, salt, oil, spices, limes	50g (1 medium)	29	57
بلاليط	Vermicelli, fried / balaleet	Vermicelli, sugar, egg, water	144g (1 cup)	95	66
جريش	Wheat, crushed / gerish	Whole wheat groats, laban (sour milk), butter, onion, butter, cumin, salt	85g (½ cup)	70	82
مرقوق لحم	Wheat-based stew with meat and bread / markoukah laham	Whole or wheat flour, meat, onion, garlic, dried lime, tomato paste, tomatoes, zucchini, eggplant, pumpkin, carrots, spices, pepper, butter, hot pepper, salt	80g (½ cup)	61	77
مرقوق دجاج	Wheat-based stew with chicken and bread / markoukah djaj	Flour, water, salt, chicken, tomato, allspice, onion, squash, carrot, water, eggplant	80g (½ cup)	78	97
هريس دجاج	Wheat, crushed, with chicken / chicken harese	Crushed wheat, chicken, salt, water	125g (½ cup)	50	40
هريس لحم	Wheat, crushed, with meat / meat hares	Crushed wheat, beef, salt, water	125g (½ cup)	55	44
قرصان لحم	Wheat-based dish with mutton / qorsan	Wheat flour (white), mutton, carrots, peas, onion, tomato, corn oil, salt, spices	90g (½ cup)	53	59

P content of desserts

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Lower P alternatives – foods that contain less natural P $< 100\text{mg P}$ per portion

Food name in Arabic	Food	Food description	Portion size	Phosphate (mg per portion)	Phosphate (mg per 100g)
الزبادي اليوناني منزوع الدسم بدون نكهة	Yogurt, Greek	Plain, non-fat, commercial	100g	136	136
الزبادي اليوناني كامل الدسم بدون نكهة	Yogurt, Greek	Plain, full-fat, commercial	100g	126	126
الزبادي اليوناني قليل الدسم بنكهة	Yogurt, Greek	Flavoured, low-fat, commercial	100g	113	113
حلى عش البلبل	Aish el bulbul (fine stringy dough with pistachios/cashews, fried)	Kunafa dough, pistachios/cashews, ghee, wheat flour, sugar, corn starch	23g (1 piece)	21	90
معمول بالتمر	Akras b'tamer (date biscuits)	Semolina, ghee/butter, flour, oil, sugar, milk, mahlab, dates, cinnamon powder, anise powder, icing sugar	30g (1 medium)	22	73
بقلاوه ***	Baglawa	Filo dough, walnuts, pistachios, butter, cinnamon, syrup (water, sugar, vanilla extract, honey)	23g (1 piece)	29	128
بلورية ***	Ballowreyeh sweet / balorea sweet	Kunafa dough, sugar, pistachios, butter ghee, starch, rose water	24g (1 piece)	32	132
برمة بالفستق ***	Borma b'fistuk	Kunafa dough, pistachio, flour, starch, ghee, sugar, salt, water, rose water, Arabic sweet syrup	24g (1 piece)	56	233
كنافة بالجبن	Cheese kunafa (semolina dessert with cheese)	Condensed milk, flour, semolina, orange blossom water, ghee/butter, akawi cheese, sugar, mozzarella cheese, pistachio	37g (1 small piece or 2 Tbsp)	90	244
حلى فيصلية ***	Faisallyyeh	Kunafa dough, pistachio, sugar, rose water, ghee, Arabic sweet syrup	24g (1 piece)	54	225
حلاوه الأرز بالقشطة	Halawet el riz b'kashta (sweet rice and cream)	Rice flour, milk, akawi cheese, sugar, rose water, milk powder, cream, pistachio	41g (2 medium or 1 large)	49	119
هريسه الفستق	Hareeset el fistuk / pistachio harisa (semolina with pistachio)	Ground pistachio, semolina, sugar, egg, cream, butter, baking powder, vanilla cream, milk, syrup	70g (2 Tbsp)	171	244
هريسة اللوز	Hareeset el lawz / almond harisa (semolina with almond)	Almonds, sugar, semolina, water, egg, yeast, vanilla, baking powder, oil, milk, butter, syrup (sugar, water, rose water, orange blossom water, lemon juice, cardamom)	70g (2 Tbsp)	177	252
حلاوة الجزر/ الجزرية	Jazariyyeh (carrot halwa)	Vegetable oil, butter, carrots, sugar, cardamom, starch, milk, condensed milk, almonds, pistachio, vanilla, white flour, coconut	70g (2 Tbsp)	11	16
كنافة بالقشطة	Knafeh b'kashta (semolina cream dessert)	Condensed milk, flour, semolina, ghee, orange blossom water, corn flour, sugar, mozzarella cheese, milk, syrup	35g (1 small piece or 2 Tbsp)	89	255
لقيمات	Legemat (doughnut cake)	Wheat flour, milk powder/yogurt, egg, sugar, oil, salt, yeast	50g (3-4 pieces)	48	95

***Low in phosphate due to serving size. 4 pieces will be high in phosphate.

Tbsp, rounded tablespoon.

P content of desserts (continued)

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معمول بالجوز	Maa'moul b'gawz (stuffed walnut biscuit)	Dried yeast, semolina, sugar, mahleb, cardamom, butter, orange blossom water, rose water, rice flour, icing sugar, walnuts, sugar, cinnamon	50g (1 medium)	30	60
مفروكة بالقشطة	Mafroukeh b'kashta (semolina with cream)	Butter, sugar, semolina, orange blossom water, rose water, cream, milk, pistachio powder, milk, corn flour, corn starch, lemon juice	21g (1½ Tbsp)	54	257
مهلبية	Mahlabiyeh	Milk, sugar, corn starch/rice flour, cream, cardamom, orange blossom water/rose water	47g (3 Tbsp)	47	101
مراصيع	Marassia	Whole wheat flour, egg, whole milk, butter, honey/syrup	40g (3 pieces)	29	72
مربى زهر الليمون	Mrabba zahr el laymun	Jam with lemon	70g (2 Tbsp)	11	15
حلوى عثمانلية	Osmalliyyeh (baked vermicelli pastry sandwiched between sweet cream, topped with Arabic candy floss)	Kunafa dough, butter, milk powder, cream, flour, ghee, vegetable oil, lemon blossom water, starch, rose water, pistachio	55g (1 medium piece)	109	198
قرص عقيلي	Qours okaili	Brown flour, eggs, milk, sugar, rose water, oil, saffron, cardamom, baking powder, sesame	60g (1 slice)	133	222
قرص الطابي	Qurs altaabi (cardamom crepe)	Egg, wheat flour, cardomom, sugar, oil, +/- milk	60g (1 crepe)	97	161
رنجية	Rangena	Dates, white flour, butter, cinnamon	30g (1 medium)	15	51
ساقو	Sago	Sabudana, sugar, cardomom, saffron	47g (3 Tbsp)	9	19
تمرية	Tamrea	Dates, white flour, butter	36g (1 medium piece)	19	52
زنود الست	Znood el sitt (creamy fingers with sugar syrup)	Cream, filo pastry, sugar, butter, milk, gar, rose water, orange blossom water, starch, oil, pistachio	36g (1 medium piece)	42.48	118







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