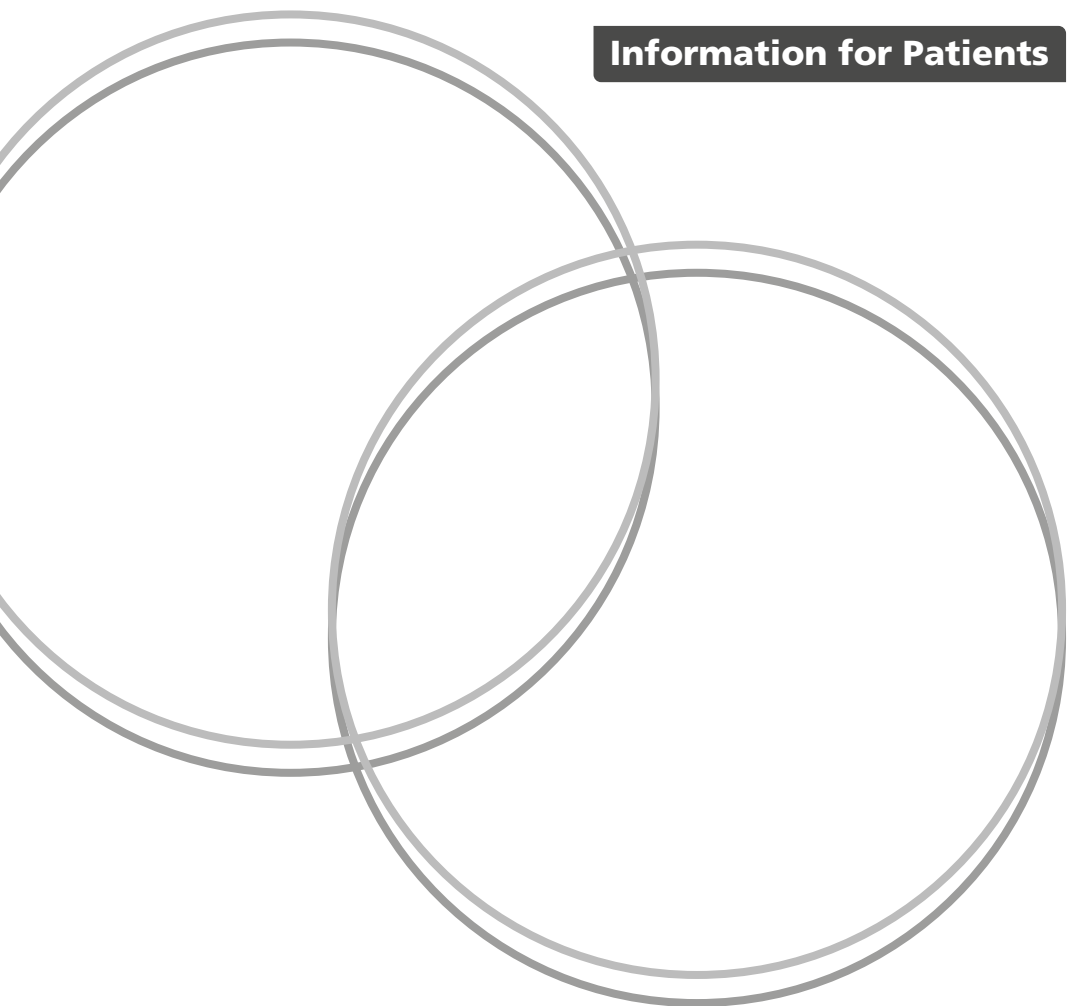


Phosphate and salt content of cheese for people with chronic kidney disease

Information for Patients



To help reduce the phosphate level in your blood it may be beneficial to swap to a lower phosphate cheese. This information should be used alongside the diet sheet "Reducing phosphate in your diet". If you need a copy please ask a renal dietitian.

Some cheeses are higher in salt than others, therefore choosing a lower salt cheese is also beneficial.

The table below provides you with more detail on the phosphate and salt content of different cheeses to help you make suitable choices. The table below provides the average amount of salt and cheese for each portion. Reading the label on the cheese packet is important as the salt content of individual brands can vary.

You can discuss with your renal dietitian to help choose the best options to fit your overall dietary goals.

Type of Cheese and portion		
Cream cheese (30g) e.g. Philadelphia		
Full Fat	29 (mg) Phosphate	0.2 (g) Salt
Low Fat	46 (mg) Phosphate	0.2 (g) Salt
Parmesan (1 tbsp/5g)	34 (mg) Phosphate	0.1 (g) Salt
Mascarpone (30g)	35 (mg) Phosphate	0.1 (g) Salt
Ricotta (30g)	51 (mg) Phosphate	0.1 (g) Salt
Quark (30g)	60 (mg) Phosphate	0.1 (g) Salt
Cottage cheese (50g)	86 (mg) Phosphate	0.3 (g) Salt
Goats cheese soft (40g)	92 (mg) Phosphate	0.9 (g) Salt
Brie (40g)	93 (mg) Phosphate	0.6 (g) Salt
Camembert (40g)	96 (mg) Phosphate	0.6 (g) Salt
Mozzarella (40g)	107 (mg) Phosphate	0.4 (g) Salt
Feta (40g)	112 (mg) Phosphate	1.0 (g) Salt
Processed Cheese Spread e.g. Dairylea & Laughing Cow		
1 small triangle (17g)	115 (mg) Phosphate	0.6 (g) Salt
1 large triangle (25g)	192 (mg) Phosphate	0.4 (g) Salt
Blue Stilton (40g)	126 (mg) Phosphate	0.8 (g) Salt

Type of Cheese and portion		
Wensleydale (40g)	164 (mg) Phosphate	0.4 (g) Salt
Double Gloucester (40g)	184 (mg) Phosphate	0.7 (g) Salt
Red Leicester (40g)	198 (mg) Phosphate	0.7 (g) Salt
Cheddar (40g)	196 (mg) Phosphate	0.7 (g) Salt
Edam (40g)	212 (mg) Phosphate	1.0 (g) Salt
Cheddar reduced fat (40g)	248 (mg) Phosphate	0.7 (g) Salt
Emmental (40g)	255 (mg) Phosphate	0.2 (g) Salt
Paneer (80g)	306 (mg) Phosphate	0.1 (g) Salt
Processed smoked cheese (40g)	412 (mg) Phosphate	1.3 (g) Salt
Halloumi (80g)	414 (mg) Phosphate	2.4 (g) Salt

Further information

Oxford Kidney Unit

The website has lots of information about the Oxford Kidney Unit for patients and carers.

Website: www.ouh.nhs.uk/oku

Kidney Care UK

A charity which has lots of practical support and information for people with kidney disease.

Website: www.kidneycareuk.org

Six Counties Kidney Patients Association

The SCKPA is run for patients by patients or family members.

They offer support to people suffering from kidney disease or who are on dialysis. They work closely with the Oxford Kidney Unit and have branches in Oxfordshire, Northamptonshire, Buckinghamshire, and Milton Keynes, and parts of Wiltshire, Gloucestershire and Berkshire.

Website: www.sixcountieskpa.org.uk

Contacts

Renal Dietitians

Tel: **01865 225 061**

Please leave a message on the answerphone and one of the team will call you back.

Further Information

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.

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