



KIDNEY-FRIENDLY SUPERFOODS

LOW PHOSPHORUS CHEESE

While many cheeses are high in phosphorus and sodium, there are lower phosphorus and sodium cheeses more suitable for people with kidney disease. Most cheeses are also high in saturated fat; but lower-fat versions of many cheeses are available.

Why Are Low Phosphorus Cheeses Superfoods?

- Cheese is a good source of calcium, protein, vitamin B12, vitamin A, and phosphorus.
- Some cheeses may contain probiotics or “good” bacteria to improve digestive health, including Swiss, Gouda, Gruyere, cheddar, and cottage cheese.
- Cheese can be eaten alone for a delicious treat, prepared as a dip, or enhance the flavor of your favorite dish.

Low Phosphorus Cheese and Kidney Disease

The amount and type of cheese you can have will depend on your stage of kidney disease or the type of dialysis you receive. If you need to limit phosphorus, look for ingredients on the label that contain “phos”—this means additional phosphorus ingredients have been added.

CHRONIC KIDNEY DISEASE (CKD)/TRANSPLANT

For CKD choose low-sodium cheese options. Phosphorus does not need to be limited unless laboratory results show high phosphorus levels; your kidney dietitian will let you know if you need to limit phosphorus. People limiting protein intake need to consider the protein content of cheese.

For kidney transplant avoid all unpasteurized dairy products for the life of the transplant (note: most cheese sold in grocery stores are pasteurized). Patients with transplants are on immunosuppressive medications which makes the body more susceptible to foodborne illnesses.

HEMODIALYSIS (3 TIMES/WEEK)

Choose low-sodium options for fluid and blood pressure control. If you need to limit phosphorus, choose from the lower-phosphorus list on the next page and avoid cheeses with phosphorus additives. Talk to your kidney dietitian about how much and which cheeses are appropriate.

DAILY HOME AND NOCTURNAL HEMODIALYSIS/ PERITONEAL DIALYSIS

Daily home and nocturnal hemodialysis remove more phosphorus and fluid from the body, so more cheese may be allowed in the diet. Patients receiving peritoneal dialysis still need to limit phosphorus. Talk to your kidney dietitian about how you can fit cheese into your kidney diet plan.

KIDNEY STONES

For calcium oxalate stones, eating calcium with meals can help prevent stone formation. Talk to your doctor and kidney dietitian about the type of kidney stones you have and how you can include cheese in your diet.

Kidney-Friendly Cheeses

CHEESE	SERVING SIZE	PHOSPHORUS	SODIUM	POTASSIUM	PROTEIN
Cream Cheese	1 oz=2 Tbsp	32mg	96mg	37mg	1.8g
Ricotta Cheese	¼ Cup	49mg	26mg	136mg	3.5g
Goat Cheese (soft)	1 oz	72mg	103mg	7mg	5.2g
Monterey Jack Cheese	1 oz	124mg	150mg	25mg	6.9g
Muenster Cheese	1 oz	130mg	174mg	38mg	6.6g
Parmesan Cheese, grated	½ oz, 1 Tbsp	40mg	93mg	5mg	1.9g
Mozzarella Cheese	1 oz	105mg	106mg	22mg	6.2g
Brie Cheese	1 oz	53mg	176mg	43mg	5.8g
Swiss Cheese	1 oz	159mg	54mg	31mg	7.5g
Low-sodium Cheddar or Colby Cheese	1 oz	136mg	6mg	32mg	6.7g

gm = grams, mg = milligrams

Recipe

MACARONI AND CHEESE

MAKES: 4 SERVINGS

INGREDIENTS

- 1 cup uncooked noodles, any shape
- 3 cups water
- ½ cup cheddar cheese, grated
- 1 teaspoon unsalted butter
- ¼ teaspoon dry ground mustard

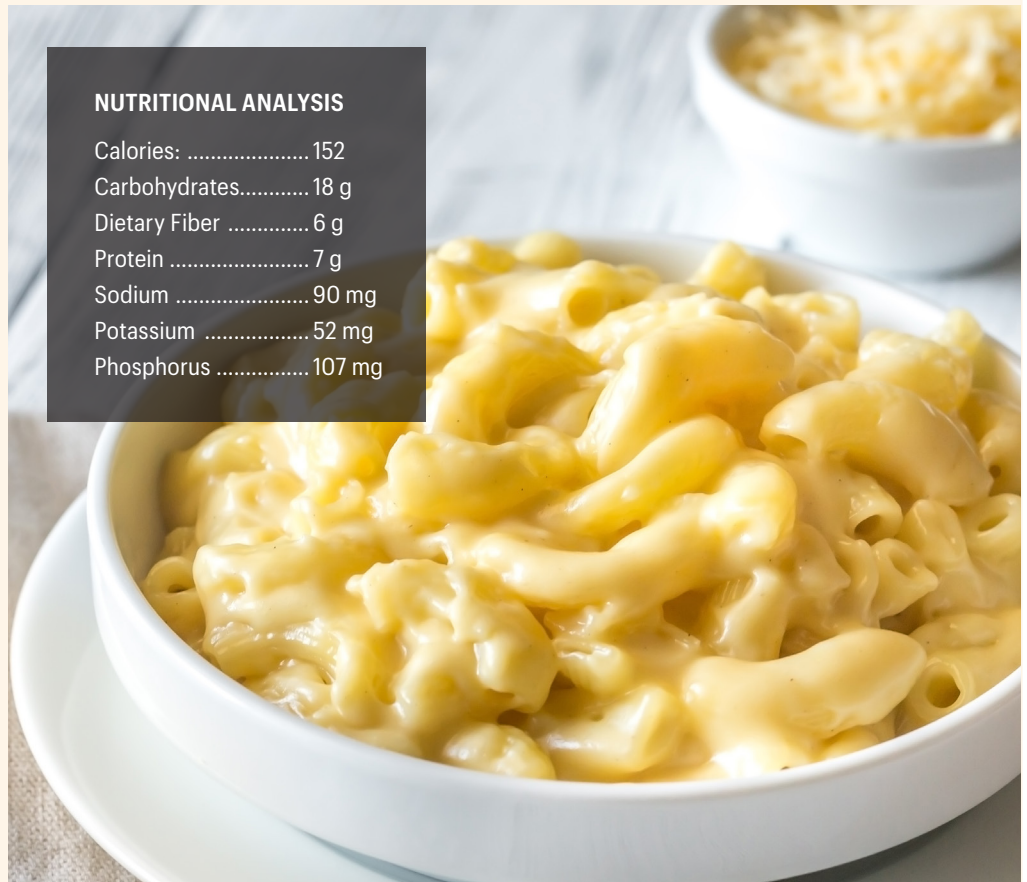
DIRECTIONS

1. Boil water, add noodles and cook for 5-7 minutes or until tender.
2. Drain.
3. While still very hot, sprinkle noodles with cheese then stir in butter and ground mustard.

Source: Northwest Kidney Centers
nwkidney.org/recipe/mac-in-a-flash-macaroni-cheese/

NUTRITIONAL ANALYSIS

Calories: 152
 Carbohydrates..... 18 g
 Dietary Fiber 6 g
 Protein 7 g
 Sodium 90 mg
 Potassium 52 mg
 Phosphorus 107 mg



For more information, contact the National Kidney Foundation

Toll-free help line: **855.NKF.CARES** or email: nkfcare@kidney.org

The National Kidney Foundation wishes to thank its Council on Renal Nutrition (CRN) for the development of this fact sheet.