



Oxford University Hospitals
NHS Foundation Trust

Phosphate and salt content of cheese

**Information for people
with kidney disease**



Introduction

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 "Phosphate: reducing the intake 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 for helping to reduce blood pressure.

The following table provides you with details on the average phosphate and salt content of different cheeses to help you make suitable choices. However, checking the salt content on individual packets can also be useful as amounts can vary between brands and from the following table.

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

Contacts

Oxford Renal Dietitians

Telephone: 01865 225 061
(8.00am to 4.30pm, Monday to Friday)

Please leave a message on the answerphone and one of the dietitians will get back to you.

We can only provide advice or information if we care for you under the Oxford Kidney or Transplant Unit (Churchill Hospital).

This includes the network units at Banbury, High Wycombe, Milton Keynes, Stoke Mandeville, Swindon (Great Western Hospital) and Whitehouse Dialysis Unit. If you do not attend these sites, please contact your local care team for support.

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	0.6g (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
Blue Stilton (40g)	126 (mg) Phosphate	0.8 (g) Salt
Processed Cheese Spread e.g. Dairylea & Laughing Cow 1 small triangle (16g)		
	134 (mg) Phosphate	0.3 (g) Salt
Danish Blue (40g)	138 (mg) Phosphate	1.2 (g) Salt
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)	202 (mg) Phosphate	0.7 (g) Salt
Edam (40g)	203 (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

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
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