

Cheese

Cheese can be a food the patient asks about when thinking about everyday food choices. Discussed portion size, frequency, and how cheese fits into usual eating habits.

*Cheese Options **Lower** in Phosphorus*

Type		Serving Size	Phosphorus
Cream Cheese		1 ounce	30 mg
Cottage Cheese, reduced fat		1/4 cup	42 mg
Ricotta, part-skim		1/4 cup	52 mg
Brie Cheese		1 ounce	53 mg
Italian Blend		1 ounce	60 mg
Goat, soft		1 ounce	73 mg
Queso Cotija		2 Tablespoons	90 mg
Feta		1 ounce	96 mg
Fontina		1 ounce	98 mg
Havarti		1 ounce	100 mg
Queso Fresco		1 ounce	108 mg

Cheese Options *Higher* in Phosphorus



Type	Serving Size	Phosphorus
Mozzarella	1 ounce	105 – 150 mg
Blue Cheese	1 ounce	110 mg
Romano	1 ounce	111 mg
Mexican	1 ounce	125 mg
Monterey	1 ounce	126 mg
Brick	1 ounce	128 mg
Colby	1 ounce	130 mg
Muenster	1 ounce	133 mg
Provolone	1 ounce	141 mg
Cheddar	1 ounce	145 mg
Edam	1 ounce	152 mg
Gouda	1 ounce	155 mg
Swiss	1 ounce	161 mg
Gruyere	1 ounce	172 mg
American	1 ounce	182 mg
Parmesan	1 ounce	207 mg
Goat, hard	1 ounce	207 mg
Pimento	1 ounce	211 mg
Velveeta	1 ounce	242 mg
Cheese Whiz	1 ounce	300 mg



