

# DAIRY PHOSPHORUS REFERENCE

Patient Resource Chart

Dairy Item	Serving Size	Phosphorus (mg)	Category
Yogurt (Plain, Low-fat)	1 cup (245g)	385 mg	High
Milk (1% or Skim)	1 cup (240mL)	235 mg	High
Cheddar Cheese	1 oz (28g)	145 mg	Medium
Cottage Cheese	1/2 cup	150 mg	Medium
Swiss Cheese	1 oz (28g)	130 mg	Medium
Soft Goat Cheese	1 oz (28g)	70 mg	Lower
Cream Cheese	2 tbsp (28g)	30 mg	Lower
Heavy Cream	1 tbsp	10 mg	Lower
Butter (Unsalted)	1 tbsp	3 mg	Lower

*\*Values are approximate. Always check nutrition labels for "phos" additives which significantly increase absorption rates. Consult with a renal dietitian for personalized limits.*