



Nutrition Tips

Low phosphorus dairy options

High-Phosphorus Dairy

- Cocoa (1 cup) (instant mix) 270
- Cheese: Cheddar, Swiss, 1 oz 130-300
- Cottage cheese (1 cup) 340
- Milk, 2%, chocolate, whole (1 cup) 250
- Yogurt, fruit flavored (1 cup) 270

Low-Phosphorus Choices

- Cream cheese (1 ounce) 30
- Mozzarella, Feta, Goat, Blue, Brie, 1 oz 100
- Parmesan cheese, (2 tablespoons) 70
- Sherbet, sorbet, ices (1/2 cup) 40
- Sour cream (2 tablespoons) 20
- Mocha Mix (1 cup) 140
- Rice, soy, almond milk (1 cup) 100

Phosphorus is especially high in milk and foods made from milk, but there are many lower phosphorus foods that make nice alternatives. It can be tricky to know if you are making a good choice, since phosphorus doesn't have to be on the nutrition label.

Reading Labels

Keep checking labels, even if you find a favorite brand, ingredients in a product can change.

Look for the letters **phos** in ingredients like tricalcium **phosphate**, **phosphoric**, monocalcium **phosphate** or tripoly**phosphate**.

When Non Dairy isn't low phosphorus

Some non dairy milks have calcium and phosphorus added to them. Look for words on the label like "enriched" or "now with extra calcium". If the percent daily phosphorus on the label is more than 300%, then it has as much phosphorus as regular milk and is not a great deal for your phosphorus budget.

Where's the cheese?

Soy cheese and almond cheese are not much lower in phosphorus than regular cheese, and they often have lots of added salt. It's best to



Check the dairy substitutes you will try:

2 cup milk substitute = 1 phosphorus serving

Use non-dairy creamer like Mocha Mix, or milk substitutes like soymilk, rice milk, or almond milk on cereals and in coffee, creamed soups, puddings and other recipes that call for milk. Some of these products won't set up when made into pudding so check with your dietitian.

2/3 cup cream cheese = 1 phosphorus serving

Use cream cheese in sandwiches, or on toast or rolls in place of regular cheese.

1 1/2 cup sour cream = 1 phosphorus serving

Use sour cream or imitation sour cream on fruits or in dips to replace yogurt.

1 cup silken tofu=1 phosphorus serving

Use instead of yoghurt in desserts or with fruit.

1 1/2 cup nutritional supplement = 1 phosphorus serving

Use nutritional supplements (Ensure Plus, Nepro, Boost Plus) instead of milk for cooking and drinking. Ask your dietitian for information about these products.

1 cup sherbet, sorbet or ice = less than 1 phosphorus serving

Tofu Chocolate Mousse

3/4 cup dark chocolate, chopped

12 ounces silken tofu at room temperature, drained

1/2 cup warmed milk (or almond, soy or rice milk)

1 teaspoon vanilla

1 tablespoon brewed coffee (optional)

Melt the chocolate using a double boiler or in the microwave. Be sure to let chocolate melt slowly. Stir until smooth.

In a food processor, process tofu until smooth. Add warmed milk, vanilla and coffee and process again. Be sure the milk is warm.

Add melted chocolate to the mixture and process a final time, until mixture is smooth and completely combined. Scrape mixture in to a medium sized bowl or Individual serving dishes. Refrigerate for at least one hour before serving.

