Dialysis Tips - Coffee & Phosphorus

We occasionally like to come out with some of our rules of thumb or, a dialysis tip. Today's tip is of special interest to those who are having trouble with high phosphorus or potassium levels. What do you put in your coffee (or tea)?

If you are like me, you don't like your coffee black. When my kidneys failed, I was told that anything dairy was high in phosphorus. But, I wanted my morning coffee.

I looked at coffee creamers like Creamora and CoffeeMate, they were both loaded with phosphates and nothing pronounceable. Who wants that? How could that possibly be good for me?

So, I looked up whole milk, 2% milk, skim milk, half & half, and cream. And lo and behold cream had the least amount of phosphorus of all of them! So I tried cream. Voila! It tasted great, better than any of the other choices.

It turns out you don’t need much cream either, less than you would use of any of the others. I use 1 teaspoon in a 10 oz. mug of coffee; 1 tsp. of cream has 2.9 mg of phosphorus and 4.75 mg of potassium. There is certainly room in my diet for that!

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