



Phosphorus Food Guide

Protein

Low phosphorus 100 mg or less per serving		
Nuts	Serving Size	Phosphorus (mg)
Brazilnut	1 kernel	36
Ham	1 slice	35.2
Macadamia	10-12 nuts	56
Pecans	15 halves	83
Walnuts	14 halves	98
Seeds		
*Unsalted pumpkin seeds	1 cup	58.9
seafood		
Oysters (raw, Atlantic)	6 medium	78.1
Medium phosphorus 101-199 mg per serving		
Beans, canned	Serving size	Phosphorus (mg)
Blackeyed	½ cup	134
*Baked	½ cup	132
*Black	½ cup	130
*Edamame	½ cup	131
Garbanzo/chickpeas	½ cup	108
*Great Northern	½ cup	178
*Kidney	½ cup	136
*Lentils	½ cup	178
*Lima	½ cup	111
*Navy	½ cup	131
*Pinto	½ cup	140
*Refried bean (vegetarian)	½ cup	138
*Fava beans	1 cup	163
Meat		
*Beef (80 % lean, ground)	3 oz	174
Beef (bottom round)	3 oz	156
*Chicken (dark)	3 oz	145
*Chicken (white)	3 oz	199
*Lamb (Leg)	3 oz	168
*Pork (loin)	3oz	193
*Roast beef	3 oz	178
Turkey (dark)	3 oz	180
Turkey (white)	3 oz	196
*Veal (ground)	3 oz	184
*Veal shank (roasted)	3 oz	191

Medium phosphorus, cont.		
Nuts	Serving Size	Phosphorus (mg)
Almonds	24 nuts	132
Cashews	18 nuts	139
Mixed	1 oz	124
Peanuts	28-35 nuts	103
Peanut Butter (Chunky)	2 tbsp	102
*Peanut Butter (Smooth)	2 tbsp	107
*Pistachios	45-50 nuts	133
Seafood		
Clams (raw)	3 oz	168
Cod (Atlantic cooked)	3 oz	117
Crab	3 oz	199
Lobster	3 oz	157
Oysters (raw, pacific)	1 oyster	81
Tuna (light, in water)	3 oz	139
High phosphorus 200 mg or more per serving		
Beans, canned	Serving size	Phosphorus (mg)
*Soybeans	½ cup	302
Meat		
*Beef (top round)	3 oz	230
*Duck (domestic)	173 gm	270
*Lamb (ground)	3 oz	288
*Liver (beef)	3 oz	422
*Pork chop, bone in	4 oz	236
Seafood		
Catfish	3 oz	210
*Haddock	150 gm	417
*Pollock	3 oz	241
*Salmon (freshwater, cooked)	½ fillet	396
*Salmon (farmed, cooked)	½ fillet	475
*Sardines w/ bone	3.75 oz	451
Scallops (raw)	3 oz	284
Shrimp	3 oz	201
*Tuna (fresh, cooked)	3 oz	283
*Tuna (raw, fresh)	½ fillet	440
Tuna (light, in oil)	3 oz	264
Seeds		
Sunflower Seeds	1 oz	327

* =250 mg of potassium or greater





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Milk & Dairy

Low phosphorus 100 mg or less per serving		
Butter	Serving Size	Phosphorus (mg)
Butter	1 tbsp	3
Unsalted butter	100 g	19
Margarine	1 tbsp	0.7
Cheese		
Cream cheese	1 tbsp	16
Feta	1 oz	96
Parmesan	2 tbsp	63
Cream		
Half & half cream	1tbsp	14
Half & half (fat free)	2 tbsp	44
Heavy cream	1 tbsp	9
Sour cream	1 tbsp	9
Sour cream	½ cup	88
Sour cream (light)	½ cup	82
Eggs		
Egg	1 medium	87
Egg substitute	1/4 cup	43
Ice cream		
Ice cream (vanilla)	½ cup	69
Ice cream (chocolate)	½ cup	71
Milk		
Almond milk	½ cup	12
Sherbet		
Orange sherbet	½ cup	30
Medium phosphorus 101-199 mg per serving		
Cheese	Serving size	Phosphorus (mg)
American	1 oz	182
Blue	1 oz	110
Cheddar	1 oz	129
Cottage (1% milkfat)	4 oz	151

Medium phosphorus, cont.		
Cheese	Serving size	Phosphorus (mg)
*Cottage (2% milkfat)	4oz	170
Mozzarella	½ cup	198
Swiss	1 oz	163
Ice cream		
Ice cream (soft serve)	½ cup	100
Milk		
Buttermilk	½ cup	104
Chocolate low fat	½ cup	95
Eggnog	½ cup	139
Milk, 1%	½ cup	116
*Milk, 2%	½ cup	126
Milk, skim (0% milk fat)	½ cup	124
Milk, whole	½ cup	114
*Lactose-free Milk, 2%	½ cup	125
Rice milk (unenriched)	1 cup	134
Sour cream (fat free)	½ cup	109
Yogurt		
*Yogurt	½ cup	162
High phosphorus 200 mg or more per serving		
Cheese	Serving size	Phosphorus (mg)
*Ricotta, part skim	½ cup	227
Milk		
*Evaporated nonfat	½ cup	250
*Sweetened condensed	1 cup	774
Yogurt		
*Yogurt (plain/Greek/low-fat style)	7 oz	274
*Yogurt (with fruit/5gm protein)	6 oz	202



Remember: Phosphorus amounts depend on portion sizes and if the food was processed (because different manufacturers use different amounts and types of added phosphorus).

* =250 mg of potassium or greater





Phosphorus Food Guide

Fruit & Fruit Juices

Low phosphorus 100 mg or less per serving		
Fruits	Serving Size	Phosphorus (mg)
Apple	1 medium	20
Applesauce	½ cup	6
Apricot (raw)	1 apricot	8
*Banana	1 medium	26
Blackberries	½ cup	16
Blueberries (raw)	½ cup	9
*Cantaloupe	½ cup, cubed	12
Cherries, red, sweet	½ cup with pits	15
Cranberries, dried and sweetened	¼ cup	3
Cranberry sauce	1 slice	2
Dates	3 pitted	15
Figs, dried	2 figs	11
Grapes	½ cup	15
Grapefruit	½ fruit	11
*Honeydew	1/8 wedge of melon	14
Kiwi	1 fruit	24
*Mango	1 fruit	13
*Nectarines	1 medium	37
Orange	1 fruit	32
*Peach	1 medium	30
Pears	1 medium	21
Pineapple (raw)	½ cup chunks	7
*Canned pineapple, in water	1 cup	9.84
Pomegranate	½ cup	31
*Plantain, cooked (fried)	½ cup	26
Plums	1 fruit	11
*Prunes, dried	½ cup, pitted	37
*Raisins	½ cup	71

Low phosphorus, cont.		
Fruits	Serving size	Phosphorus (mg)
Raspberries (raw)	½ cup	18
Rhubarb, cooked, sweetened	½ cup	10
Strawberries (raw)	½ cup, halves	18
Tangerines orange (raw)	1 medium	18
Watermelon	1 cup	17
Lemon	1 wedge	1.12
*Shredded sweetened coconut	1 cup	99.5
*Persimmon	1 piece	28.6
Juices		
*Apple	1 cup	18
Apricot nectar	½ cup	7
Cherry, tart	½ cup	23
Cranberry	½ cup	1
Grape	½ cup	18
Grapefruit	1 cup	14
Orange	½ cup	21
Pineapple	½ cup	10
*Prune	½ cup	32
Peach nectar	½ cup	6
Pear nectar	1 cup	4
*Passionfruit	1 cup	61.8

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Phosphorus Food Guide

Vegetables

Low phosphorus 100 mg or less per serving		
Vegetables	Serving Size	Phosphorus (mg)
Asparagus	4 spears	33
Beans, snap, green, all styles	½ cup	19
Beets (canned)	½ cup slices	14
Broccoli (raw)	½ cup, chopped/diced	29
Cabbage (green or red)	½ cup	11
Carrots	½ cup, slices	23
Cauliflower	½ cup, chopped	24
Celery	8 strips (4 inches long)	8
Cucumber with skin	100 g	23
Corn, creamed in can	½ cup	66
Corn, kernel	½ cup	65
Cucumber without peel	½ cup slices	13
Eggplant, cooked	½ cup (1" cubes)	7
Lettuce	½ cup	18
Mushrooms (raw)	½ cup, pieces	30
Okra	½ cup	31
Onions	½ cup, chopped	14
*Parsnips	½ cup, sliced	54
Peas (green)	½ cup	79
Peppers, green or red	1 medium	24
Pickle, dill	1 spear, small	6
Radish, raw	½ cup, sliced	12
*Rutabaga, boil/mash	½ cup	49
*Spinach (cooked)	½ cup	51
Spinach (raw)	1 cup	15
Squash, summer (raw)	½ cup, sliced	21
Squash, winter (raw)	½ cup, cubed	13
*Tomato	1 medium whole	30
Canned bamboo shoots	1 can	65.5
Cooked mustard leaves	1 cup	58.8

Sauerkraut	1 cup	28.4
*Cooked turnip greens, without salt	1 cup	52.2
*Canned hearts of palm	1 cup	94.9
*Cooked Brussel sprouts	1 cup	86.8
*Cherry tomatoes (raw)	1 cup	42.6
*Beets, fresh	1 beet	32.8
Bok Choy	1 cup	25.9
*Cooked Kohl Rabi	1 cup	62.1
*Zucchini	1 medium	74.5
*Pumpkin	1 cup	51
Tomato paste	1 tbsp	13.3
*Tomato sauce	1 cup	66.2

Medium phosphorus 100-199 mg or more per serving		
Vegetables	Serving Size	Phosphorus (mg)
Artichoke	1 medium	115
Avocado	1 avocado	105
*Frozen peas	1 cup	110
*Canned corn	1 can	137
*Frozen corn kernels	1 cup	134

Potatoes		
*French fries	1 medium serving	146
*Rutabaga, raw	1 medium	205
*Canned sweet potatoes	1 can	258

High phosphorus 200 mg or more per serving		
Potatoes	Serving Size	Phosphorus (mg)
*Baked	1 potato	78
*Boil/mash	½ cup	34
*Sweet, baked	1 medium	62

Juices		
*Tomato juice	½ cup	23

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Phosphorus Food Guide

Grains & Starches

Low phosphorus 100 mg or less per serving		
Bread	Serving Size	Phosphorus (mg)
Multi-Grain	1 slice	59
Pita 4 inch	1 pita	58
Pumpernickel	1 slice	46
Rye	1 slice	40
White	1 slice	28
Cake		
White, no frosting	1 piece (1/12 of 9-inch diameter)	69
Cereal		
Corn Flakes®	1 cup	9
Cheerios™	1 cup	100
Cream of Wheat® (regular)	1 cup	38
Farina (enriched)	1 cup	86
Malt-o-meal®	3 tbsp dry cereal + 1 cup water	59
Crackers		
Graham	4 crackers	26
Saltines	5 crackers	15
Whole-wheat	6 crackers	93
Ritz	5 crackers	43.7
Grains		
Bagel, plain	1 small bagel (3-inch diameter)	66
Croissant	1	29
English muffin	1	76
Hamburger/hot dog bun	1 roll	44
Starches		
Egg noodles	½ cup	61
Spaghetti	½ cup, packed	88
White, steamed	½ cup	22
Grits	1 cup	51.4
Corn tortilla	1 medium	81.6

Medium phosphorus 100-199 mg per serving		
Bread	Serving Size	Phosphorus (mg)
Pita, whole wheat 4-inch	1 pita	115
Cereal		
Granola	½ cup	188
Oatmeal	⅓ cup, dry	111
Shredded wheat	2 biscuits	176
Grains		
Biscuit, round	1 oz	133
Cornbread	1 piece (60 g)	235
Pancakes or waffle	1 (4-inch diameter)	127
Tortilla (flour)	1	104
Muffin		
Blueberry	1 medium	165
High phosphorus 200 mg or more per serving		
Cereal	Serving Size	Phosphorus (mg)
*All Bran®	1 cup	713
*Raisin Bran®	1 cup	200
Crackers		
Triscuits	1 cup	221
Bread		
*Corn bread	1 packet of mix	1180
Muffin		
Corn muffin	1 medium	321
*Oat bran	1 medium	425

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Phosphorus Food Guide

Other (Beverages, sweets, processed foods)

Low phosphorus 100 mg or less per serving		
Beverages	Serving Size	Phosphorus (mg)
Cocoa mix (made w/ water)	6 fl oz	89
Coffee	1 cup	7
Beverages, carbonated		
Club soda	12 fl oz	0
Cola soda	12 fl oz	33.5
Lemon-Lime soda	12 fl oz	0
Orange Soda	12 fl oz	0
Beer (light style)	12 fl oz	43
Beer (regular)	12 fl oz	50
Dr. Pepper	12 fl oz	41
Root beer	12 fl oz	0
Wine, red	5 fl oz	34
Wine, white	5 fl oz	27
Condiments		
Cheese sauce, canned	¼ cup	99
Corn syrup	1 tbsp	0
Gravy, beef/chicken	¼ cup	17
Honey	0.5 oz	0.6
Jelly/jam	1 tbsp	4
Ketchup	2 tbsp	9
Maple syrup	2 tbsp	2
Mustard	2 tbsp	5
Oil, any kind, any amount	1 tbsp	0
Salad dressings	1 tbsp	3
Hot sauce	1 tsp	.5
Deli		
*Potato salad	½ cup	65
Salami	3 slices	52
Desserts		
Doughnut	1 medium	53
Doughnut (yeast)	1 medium	56
Gelatin desserts	½ cup	30
Pastry (fruit danish)	1	63
Toaster pastries, fruit	1 pastry	47

Pie, homemade	Serving Size	Phosphorus (mg)
Apple	⅛ pie	43
Cherry	⅛ pie	54
Lemon meringue	⅛ pie	53
Cookies		
Chocolate chip	1 medium cookie	9.12
Fig bar	1 cookie	9.92
Oatmeal raisin	1 cookie	30
Peanut butter	1 cookie	23.2
Sugar	1 cookie	16.8
Vanilla cookie/wafer	1 medium cookie	3.52
pudding, snack pack		
Pudding, chocolate	1 container	55
Pudding, tapioca	1 container	58
Pudding, vanilla	1 container	40
Snacks		
Granola bar, plain, soft	1 bar	64
Popcorn	1 cup	29
*Potato chips, plain	1 oz	43
Pretzels	10 pretzels	77
Tortilla chips	1 oz	66
Proteins		
Hot dog	1 frankfurter	67
Soup, canned, ready to eat		
Cream of mushroom	½ cup	30.2
*Chicken noodle	1 cup	88
*Beef Stew	1 cup	82
*Chicken soup with vegetables	1 cup	89.2





Phosphorus Food Guide

Other (Beverages, some generic processed foods, sweets)

Medium phosphorus 100 mg or less per serving		
Deli	Serving Size	Phosphorus (mg)
*Bologna	3.52 oz	163
Pie		
Pumpkin	1 slice (133 g)	108
Pecan	1/8 pie	110
Potatoes		
*Potatoes Au gratin, homemade	1/2 cup	139
Proteins		
Peanut butter	2 tbsp	102
Tofu, firm	1/4 block	154
Desserts		
Angel food cake	1 piece	139
Soup, canned, ready to eat		
*Bean w/ ham	1 cup	143
*Beef noodle	1 cup	122
*Clam chowder	1 cup	165
*Creamed chicken	1 cup	151
*Tomato	1 cup	159
*Beef soup with vegetables	1 cup	120
*Minestrone	1 cup	110
Split pea soup	1 cup	118
Pudding, homemade		
Chocolate	1/2 cup	120
Vanilla	1/2 cup	106

High phosphorus 200 mg or more per serving		
Beverages	Serving Size	Phosphorus (mg)
*Cocoa mix, sugar-free, (made w/milk)	1 cup	262
*Eggnog	1 cup	277
Macaroni & cheese		
Mix	1 cup	442
Meat		
Cheeseburger, plain	1	297
Proteins		
*Chicken pot pie	1 pie (302 g)	217
*Chili con carne w/ beans	1 cup	211
Pudding, instant		
Chocolate	1/2 cup	338
Vanilla	1/2 cup	280
Snacks		
*BBQ potato chips	1 bag	287
*Trail mix	1/2 cup	259

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