

## **Foods with Phosphorous**

### **Low Phosphorous**

#### **Meats:**

To 150 mg

Beef, ground, extra lean, 3oz .....	137
Beef, ground, regular, 3oz.....	144
Duck, domestic, with skin, 3oz.....	133

#### **Seafood:**

To 150 mg

Clams, raw, 3oz.....	144
Cod, Atlantic, 3oz .....	117
Grouper, 3oz .....	121
Oyster, Eastern, raw, canned, 3oz.....	118
Oyster, Pacific, raw, 3oz.....	138
Shrimp, moist heat, 3oz .....	116

#### **Milk:**

To 100 mg

Butter, 1 tbsp.....	3
Cheese, brie, 1oz.....	53
Cheese, feta, 1oz .....	96
Cottage Cheese, nonfat, ½ cup.....	76
Cream Cheese 1oz.....	30
Cream, half and half, 1 tbsp .....	14
Egg, white, 1 medium .....	4
Egg, yolk, 1 medium.....	86
Ice Cream, 10% fat, vanilla, ½ cup.....	67
Shebert, ½ cup.....	38
Sour Cream, ½ cup.....	98

#### **Vegetable:**

To 100 mg

Peas, split, ½ cup.....	97
Peanuts, boiled, ½ cup .....	63

#### **Bread:**

To 65 mg

Bagel, plain, one .....	46
Barley, pearled, cooked, ½ cup.....	43
Bread, pita, 6.5" diameter, one .....	60
Bread, white, 1 slice.....	27

Corn flakes, 1 cup .....	14
Couscous, cooked, ½ cup.....	31
Crispy rice cereal, 1 cup.....	31
Farina, cooked, ¾ cup.....	21
Hominy grits, ½ cup.....	15
Rice, white, cooked, ½ cup.....	37

**Nuts:**

To 65 mg

Chestnuts, Chinese, canned, 2oz .....	10
Cookies, shortbread, 4 small.....	39
Gelatin, water base, ½ cup.....	23
Popcorn, air popped, 1 cup .....	22
Rice cakes, one.....	34

**Medium Phosphorous**

**Meats:**

From 151 to 200 mg

Beef, chuck roast, 3oz.....	163
Beef, eye round, 3oz .....	177
Beef, sirloin steak, 3oz.....	186
Chicken, dark, 3oz .....	154
Chicken, white, 3oz.....	185
Lamb, kabobs, domestic, 3oz.....	190
Lamb, leg roast, domestic, 3oz .....	162
Lamb, leg roast, New Zealand, 3oz .....	186
Pork, fresh, loin ribs, 3oz.....	142
Turkey, white, 3oz .....	188
Turkey, dark, 3oz .....	157

**Seafood:**

From 151 to 200 mg

Catfish, breaded, fried, 3oz.....	187
Crab, blue, moist heat, 3oz.....	175
Crab, Dungeness, moist heat, 3oz.....	149
Cod, Pacific, 3oz.....	190
Lobster, moist heat, 3oz.....	157
Mussels, blue, raw, 3oz.....	168
Shrimp, breaded, fried, 3oz.....	185
Snapper, 3oz.....	171
Tuna, light, canned in water, 3oz.....	158

**Milk:**

From 101 to 200 mg

Cheese, blue, 1oz .....	110
Cheese, cheddar, 1oz.....	145
Cheese, mozzarella, 1oz.....	105
Cheese, provolone, 1oz.....	141
Cheese, swiss, 1oz.....	171
Cottage cheese, 4% fat, ½ cup .....	139
Cottage cheese, 2% fat, ½ cup .....	170
Ice milk, soft serve, vanilla, ½ cup .....	106
Milk, canned, sweetened, condensed ¼ cup .....	194

**Vegetable:**

To 101 to 150 mg

Beans, black, ½ cup .....	120
Beans, fava, ½ cup .....	106
Beans, kidney, ½ cup .....	125
Beans, lima, ½ cup.....	110
Beans, navy, ½ cup .....	143
Beans, pinto, ½ cup.....	136
Black-eyed peas, ½ cup .....	134
Chickpeas, ½ cup .....	137
Peanut butter, 2 tbsp.....	102
Tofu, raw, regular, ½ cup.....	120

**Bread:**

From 66 to 150 mg

Bread, pumpernickel, 1 slice.....	71
Bread, whole wheat, 1 slice .....	66
English muffin, plain, one.....	67
Oatmeal, cooked, 1 packet .....	133
Pasta, 1 cup .....	85
Raisin Bran, ½ cup.....	124
Rice, brown, cooked, ½ cup.....	81
Shredded wheat, 1 large biscuit .....	86
Tortilla, corn/flour, 2.....	150/114
Wheat flakes, 1 cup.....	100
Wheat, flour, white, 1 cup.....	135

**Nuts:**

From 66 to 150mg

Angel food cake, ½ .....	91
Coca dry, unsweetened, 2 tbsp.....	74

Macademia nuts, oil roasted, 2oz.....114

### **High Phosphorous**

#### **Meat:**

201 to more mg

Beef, bottom round, 3oz.....217  
Beefalo, 3oz .....213  
Pork, fresh boneless loin chop .....207  
Pork, fresh leg roast, 3oz.....224  
Pork, fresh spareribs, 3oz.....192  
Veal, cubes, stewed, 3oz.....203  
Veal, rib roast, 3oz.....211

#### **Seafood:**

201 or more mg

Calamari, fried, 3oz.....213  
Clams, moist heat, 3oz.....287  
Crab, Alaskan, moist heat, 3oz .....238  
Flounder, 3oz .....246  
Halibut, 3oz.....242  
Oysters, Eastern, cooked, 3oz.....236  
Mussels, blue, cooked, 3oz .....242  
Salmon, canned, pink/red, 3oz.....279  
Salmon, fresh, cooked, 3oz .....234  
Scallops, breaded, fried, 3oz.....203  
Sole, 3oz.....246  
Swordfish, 3oz .....267  
Tuna, white, canned in oil, 3oz.....227  
Tuna, light, in oil, 3oz.....265

#### **Milk:**

201 or more mg

Buttermilk, 1 cup .....219  
Cheese, parmesan, 1oz.....225  
Cheese, ricotta, part skim, ½ cup.....225  
Custard, flan, pudding, ½ cup.....180-300  
Milk, evaporated skim, ½ cup.....250  
Milk, nonfat, 1 cup.....247-275  
Milk, 1% lowfat, 1 cup .....235-273  
Milk, whole, 1 cup .....228  
Process American Cheese, 1oz .....214  
Soy milk, 1 cup.....345  
Yogurt, skim, 1 cup.....355

Yogurt, lowfat, 1 cup .....	326
Yogurt, whole milk, 1 cup .....	215

**Vegetable:**

151 or more mg	
Beans, small, white, ½ cup .....	152
Lentils, ½ cup.....	178
Peanuts, dry roasted, 2oz .....	202
Peanuts, oil roasted, 2oz.....	263
Soybeans, ½ cup .....	211
Tofu, raw, firm, ½ cup .....	239

**Bread:**

151 or more mg	
Bran cereal, 100%, ½ cup .....	354
Corn Bread, 1 piece.....	226
Wheat flour, whole grain, 1 cup.....	415
Wheat germ, plain, toasted, ¼ cup.....	324

**Nuts:**

151 or more mg	
Almonds, oil/dry roasted, 2oz.....	264
Cashews, dry roasted, 2oz.....	278
Pecans, oil/dry roasted, 2oz .....	166
Sunflower seeds, 2oz .....	655
Walnuts, English, 2oz .....	195