



Phosphorus Food Guide

Protein

Low phosphorus 100 mg or less per serving		
Beans, canned	Serving size	Phosphorus (mg)
*Blackeyed peas	½ cup	84
Meat		
Roast beef	½ cup	150
Nuts		
Brazilnut	1 nut	36
Macadamia	10-12 nuts	56
Pecans	20 halves	79
Walnuts	14 halves	98
Medium phosphorus 100-199 mg per serving		
Beans, canned	Serving size	Phosphorus (mg)
*Baked	½ cup	132
*Black	½ cup	120
Garbanzo/chickpeas	½ cup	108
*Kidney	½ cup	115
*Lentils	½ cup	178
*Lima	½ cup	100
*Navy	½ cup	176
*Northern	½ cup	178
*Pinto	½ cup	111
Meat		
Beef (80% lean, ground)	3 oz	165
Chicken (white)	3 oz	180
Chicken (dark)	3 oz	157
Duck (domestic)	3 oz	173
*Lamb (leg)	3 oz	162
*Turkey (white)	3 oz	184
*Turkey (dark)	3 oz	171
Nuts		
Serving size	Phosphorus (mg)	
Almonds	24 nuts	134
Cashews	18 nuts	151

Medium phosphorus, cont.		
Nuts	Serving size	Phosphorus (mg)
Mixed	1 oz	132
Peanuts	28 nuts	101
*Pistachios	1 oz	137
Seafood		
*Clams (raw)	3 oz	144
Crab	3 oz	175
*Lobster	3 oz	157
Oysters	3 oz	172
Scallops	3 oz	186
Shrimp	3 oz	116
Tuna (light, in water)	3 oz	139
High phosphorus 200 mg or more per serving		
Beans, canned	Serving size	Phosphorus (mg)
*Refried beans	½ cup	400
*Soybeans	½ cup	206
Meat		
*Beef (bottom round)	3 oz	217
*Liver (beef)	3 oz	392
*Pork (loin)	3 oz	200
*Veal	3 oz	200
Seafood		
*Catfish	3 oz	208
*Cod	3 oz	200
*Haddock	3 oz	205
Sardines w/ bone	3 oz	420
*Salmon (canned w/ bone)	3 oz	280
*Salmon (fresh, cooked)	3 oz	235
Tuna (light, in oil)	3 oz	265
*Tuna (fresh, cooked)	3 oz	208

* = 250 mg of potassium or greater





Phosphorus Food Guide

Milk & Dairy

Low phosphorus 100 mg or less per serving		
Butter	Serving size	Phosphorus (mg)
Butter/Margarine	1 tbsp	3
Cheese		
Cream cheese	1 tbsp	15
Feta	1 oz	94
Parmesan	2 tbsp	80
Cream		
Half & half cream	1 tbsp	14
Sour cream	1 tbsp	10
Eggs		
Egg	1 medium	90
Egg substitute	¼ cup	76
Ice cream		
Ice cream (vanilla)	½ cup	69
Milk		
Rice milk (unenriched)	½ cup	17
Soy milk (unenriched)	½ cup	60
Sherbet		
Sherbet	½ cup	38
Medium phosphorus 100-199 mg per serving		
Cheese	Serving size	Phosphorus (mg)
Blue	1 oz	110
Cheddar	1 oz	145
Cottage (1% milkfat)	1 oz	151
Cottage (2% milkfat)	1 oz	170
Mozzarella	1 oz	149
Swiss	1 oz	172
Ice cream		
Ice Milk (soft serve)	½ cup	106

Medium phosphorus, cont.		
Milk	Serving size	Phosphorus (mg)
Buttermilk	½ cup	109
Chocolate low fat	½ cup	128
Eggnog	½ cup	139
Milk, 1%	½ cup	116
Milk, skim (0% milk fat)	½ cup	124
Milk, whole	½ cup	113.5
Yogurt		
*Yogurt (skim/plain/Greek style)	½ cup	178
Yogurt (whole/4 gm. protein)	½ cup	108
Yogurt (with fruit/5gm. protein)	½ cup	135
High phosphorus (mg) 200 mg or more per serving		
Cheese	Serving size	Phosphorus (mg)
American	1 oz	211
Ricotta, part skim	½ cup	225
Milk		
*Evaporated nonfat	½ cup	250

* = 250 mg of potassium or greater



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





Phosphorus Food Guide

Fruit & Fruit Juices

Low phosphorus 100 mg or less per serving		
Fruits	Serving size	Phosphorus (mg)
Apple	1 medium	10
Applesauce	½ cup	9
Apricot	1 medium	7
*Banana	1 medium	24
Blueberries	½ cup	8
Cantaloupe	⅛ melon	12
Cherries, red, sweet	10 cherries	13
Cranberries, fresh	½ cup	7
Cranberry sauce	1 slice	3
*Figs, dried	2 figs	26
Grapes	½ cup	11
Grapefruit	½ fruit	11
Honeydew	⅛ melon	16
Kiwi	1 medium	30
Mango	1 medium	23
Nectarines	1 medium	22
Orange	1 medium	18
Peach	1 medium	12
Pears	1 medium	18
Pineapple	½ cup	6
Plums	1 medium	7
*Prunes, dried	5 prunes	33
*Raisins	½ cup	71
Raspberries	½ cup	8
Rhubarb	½ cup	9
Strawberries	½ cup	16
Tangerines (mandarin)	1 medium	8
Watermelon	1 cup	14

Low phosphorus, cont.		
Juices	Serving size	Phosphorus (mg)
Apple	1 cup	17
Cranberry	½ cup	3
Grape	½ cup	5
Grapefruit	½ cup	14
Orange	½ cup	20
Pineapple	½ cup	10
*Prune juice	½ cup	32

* = 250 mg of potassium or greater





Phosphorus Food Guide

Vegetables

Low phosphorus 100 mg or less per serving		
Vegetables	Serving size	Phosphorus (mg)
Asparagus	4 spears	32
Beans, green/yellow snap	½ cup	21
Beets (canned)	½ cup	33
Broccoli	½ cup	29
Cabbage (green or red)	½ cup	8
Carrots	½ cup	24
Cauliflower	½ cup	22
Celery	½ cup	15
Corn, kernel	½ cup	69
Corn, creamed in can	½ cup	66
Cucumber (without skin)	½ cup	11
Lettuce	½ cup	7
Mushrooms (raw)	½ cup	37
Okra	½ cup	32
Onions	½ cup	27
Parsnips	½ cup	47
Peas (green)	½ cup	57
Peppers, red or green	1 medium	23
Pickle, dill	1 pickle	14
*Rutabaga, boil/mash	½ cup	67
*Spinach (cooked)	½ cup	50
Spinach (raw)	½ cup	8
Squash, summer/winter	1 cup	45
Tomato	1 medium	30
Potatoes		
*Baked sweet	1 medium	97
Juices		
*Tomato juice	½ cup	23

Medium phosphorus 100-199 mg per serving		
Vegetables	Serving size	Phosphorus (mg)
Artichoke	1 medium	103
Avocado	1 medium	105
Potatoes		
*Baked	1 medium	141
*Boil/mash	½ cup	101

* = 250 mg of potassium or greater





Phosphorus Food Guide

Grains & Starches

Low phosphorus 100 mg or less per serving		
Bread	Serving size	Phosphorus (mg)
7 grain	1 slice	46
Pumpernickel	1 slice	57
Rye	1 slice	40
White	1 slice	24
Cake		
White, no frosting	2"x2"	69
Cereal		
Cornflakes	1 cup	14
Rice Krispies®	1 cup	37
Malt o meal	1 cup	24
Crackers		
Graham	4 crackers	29
Saltines	4 crackers	13
Whole-wheat	4 crackers	47
Grains		
Bagel	3 ½"	60
Biscuit, round	2 ½"	98
Croissant	1	60
English muffin	1	76
Hamburger/hot dog bun	1 bun	38
Starches		
Brown rice	½ cup	81
Egg noodles	½ cup	55
Spaghetti	½ cup	28
White rice	½ cup	37

Medium phosphorus 100-199 mg per serving		
Cereal	Serving size	Phosphorus (mg)
Cheerios®	1 cup	100
Cream of wheat	1 cup	100
Farina	1 cup	28
*Granola	½ cup	175
Oatmeal	1 cup	178
Shredded wheat	2 biscuits	168
Grains		
Cornbread	2"x2"	110
Fry bread	5" bread	141
Pancakes, plain	1 frozen	134
Muffin		
Corn muffin	1 medium	192
High phosphorus 200 mg or more per serving		
Cereal	Serving size	Phosphorus (mg)
*All Bran®	½ cup	339
Bran flakes	1 cup	209
*Raisin Bran®	1 cup	259
Muffin		
Blueberry	1 medium	222
*Oat bran	1 medium	424

* = 250 mg of potassium or greater





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)	1 cup	89
Coffee/tea	1 cup	5 or less
Beverages, carbonated		
Club soda	12 fl oz	0
Pepper-type	12 fl oz	40
Root beer	12 fl oz	0
Condiments		
Cheese sauce, canned	¼ cup	99
Gravy, beef/chicken	¼ cup	17
Honey	1 tbsp	1
Jelly/jam	1 tbsp	1
Mustard	1 packet	5 or less
Ketchup	1 packet	5 or less
Oil, any kind any amount	1 tbsp	0
Salad dressings	1 tbsp	5 or less
Syrup, corn	2 tbsp	0
Syrup, maple	2 tbsp	0.8
Deli		
Bologna	2 slices	52
*Potato salad	½ cup	75
Salami	2 slices	65
Desserts		
Doughnut (yeast)	1	56
Gelatin desserts	½ cup	30
Pastry (fruit danish)	1	63
Toaster pastries, fruit	1 pastry	58

Low phosphorus, cont.		
Pie, homemade	Serving Size	Phosphorus (mg)
Apple	⅓ pie	43
Cherry	⅓ pie	54
Lemon meringue	⅓ pie	53
Snacks		
Granola bar, plain, soft	1 bar	62
Popcorn	1 cup	24
*Potato chips	1 oz	45
Pretzels	10 pretzels	68
Tortilla chips	1 oz	69
Soup, canned, ready to eat		
Beef noodle	1 cup	46
Chicken noodle	1 cup	72
Medium phosphorus (mg) 100-199 mg per serving		
Dessert	Serving Size	Phosphorus (mg)
Doughnut	1 medium	126
Pie		
*Pumpkin	⅓ pie	152
Pecan	⅓ pie	115
Potatoes		
*Potatoes Au Gratin	½ cup	138
Proteins		
Chicken pot pie	1 small pie	119
*Chili con carne w/ beans	1 cup	193
Hot dog on bun, beef	1 medium sized	110
Peanut butter	2 tbsp	110
Tofu, firm	¼ block	119





Phosphorus Food Guide

Other (Beverages, some generic processed foods, sweets)

Medium phosphorus, cont.		
Soup, canned, ready to eat	Serving Size	Phosphorus (mg)
*Bean w/ ham	1 cup	143
Beef Stew	1 cup	128
*Clam chowder	1 cup	156
*Creamed chicken	1 cup	151
*Tomato	1 cup	149
pudding, homemade		
Chocolate	½ cup	136
Vanilla	½ cup	116

High phosphorus 200 mg or more per serving		
Beverages		
*Cocoa mix, sugar-free, (made w/milk)	1 cup	255
*Macaroni & cheese		
Mix	1 cup	400
Homemade	1 cup	322
Meat		
Cheeseburger, plain	1	312
Pudding, instant		
Chocolate	½ cup	350
Vanilla	½ cup	279
Snacks		
*Trail mix	½ cup	282

* = 250 mg of potassium or greater