

Low phosphorus

100 mg or less per serving

Meat	Serving size	Phosphorus (mg)
Ham	1 slice	35.2
Nuts		
Brazilnut	1 kernel	36
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	1/2 cup	134
*Baked	1/2 cup	132
*Black	1/2 cup	130
*Edamame	1/2 cup	131
Garbanzo/chickpeas	1/2 cup	108
*Great Northern	1/2 cup	178
*Kidney	1/2 cup	136
*Lentils	1/2 cup	178
*Lima	1/2 cup	111
*Navy	1/2 cup	131
*Pinto	1/2 cup	140
*Refried bean, vegetarian	1/2 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	3 oz	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	1/2 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	1/2 fillet	396
*Salmon, farmed, cooked	1/2 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	1/2 fillet	440
Tuna, light, in oil	3 oz	264
Seeds		
Sunflower Seeds	1 oz	327

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Butter	Serving size	Phosphorus (mg)
Butter	1 tbsp	3
Unsalted butter	100 gm	19
Margarine	1 tbsp	0.7
Cheese		
Cream cheese	1 tbsp	16
Feta	1 oz	96
Parmesan	2 tbsp	63
Cream		
Half & half cream	1 tbsp	14
Half & half, fat free	2 tbsp	44
Heavy cream	1 tbsp	9
Sour cream	1/2 cup	88
Sour cream, light	1/2 cup	82
Eggs		
Egg	1 medium	87
Egg substitute	1/4 cup	43
Ice cream		
Ice cream, vanilla	1/2 cup	69
Ice cream, chocolate	1/2 cup	71
Milk		
Almond milk	1/2 cup	12
Sherbet		
Orange sherbet	1/2 cup	30

Medium phosphorus

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Cheese	Serving size	Phosphorus (mg)
American	1 oz	182
Blue	1 oz	110
Cheddar	1 oz	129
Cottage, 1% milkfat	4 oz	151
*Cottage, 2% milkfat	4 oz	170
Mozzarella	1/2 cup	198
Swiss	1 oz	163

Medium phosphorus, cont.

Ice cream	Serving size	Phosphorus (mg)
Ice cream, soft serve	1/2 cup	100
Milk		
Buttermilk	1/2 cup	104
Chocolate, low fat	1/2 cup	95
Eggnog	1/2 cup	139
Milk, 1%	1/2 cup	116
*Milk, 2%	1/2 cup	126
Milk, skim, 0% milk fat	1/2 cup	124
Milk, whole	1/2 cup	114
*Lactose-free Milk, 2%	1/2 cup	125
Rice milk, unenriched	1 cup	134
Sour cream, fat free	1/2 cup	109
Yogurt		
*Yogurt	1/2 cup	162

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Cheese	Serving size	Phosphorus (mg)
*Ricotta, part skim	1/2 cup	227
Milk		
*Evaporated nonfat	1/2 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

Low phosphorus 100 mg or less per serving

Fruits	Serving size	Phosphorus (mg)
Apple	1 medium	20
Applesauce	1/2 cup	6
Apricot, raw	1 apricot	8
*Banana	1 medium	26
Blackberries	1/2 cup	16
Blueberries, raw	1/2 cup	9
*Cantaloupe	1/2 cup, cubed	12
Cherries, red, sweet	1/2 cup with pits	15 3
Cranberries, dried and sweetened	1/4 cup	2
Cranberry sauce	1 slice	15
Dates	3 pitted	11
Figs, dried	2 figs	15
Grapes	1/2 cup	11
Grapefruit	1/2 fruit	14
*Honeydew	1/8 wedge of melon	24
Kiwi	1 fruit	13
*Mango	1 fruit	37
*Nectarines	1 medium	32
Orange	1 fruit	30
*Peach	1 medium	21
Pears	1 medium	7
Pineapple, raw	1/2 cup chunks	9.84
*Canned pineapple, in water	1 cup	31
Pomegranate	1/2 cup	26
*Plantain, cooked, fried	1/2 cup	11
Plums	1 fruit	37
*Prunes, dried	1/2 cup, pitted	71
*Raisins	1/2 cup	

Low phosphorus, cont.

Fruits	Serving size	Phosphorus (mg)
Raspberries, raw	1/2 cup	18
Rhubarb, cooked, sweetened	1/2 cup	10
Strawberries, raw	1/2 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	1/2 cup	7
Cherry, tart	1/2 cup	23
Cranberry	1/2 cup	1
Grape	1/2 cup	18
Grapefruit	1 cup	14
Orange	1/2 cup	21
Pineapple	1/2 cup	10
*Prune	1/2 cup	32
Peach nectar	1/2 cup	6
Pear nectar	1 cup	4
*Passionfruit	1 cup	61.8

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Vegetables	Serving size	Phosphorus (mg)
Asparagus	4 spears	33
Beans, snap, green, all styles	1/2 cup	19
Beets, canned	1/2 cup slices	14
Broccoli, raw	1/2 cup, chopped/diced	29
Cabbage, green or red	1/2 cup	11
Carrots	1/2 cup, slices	23
Cauliflower	1/2 cup, chopped	24
Celery	8 strips (4 inches long)	8
Cucumber with skin	100 gm	23
Corn, creamed in can	1/2 cup	66
Corn, kernel	1/2 cup	65
Cucumber without peel	1/2 cup slices	13
Eggplant, cooked	1/2 cup (1-inch cubes)	7
Lettuce	1/2 cup	18
Mushrooms, raw	1/2 cup, pieces	30
Okra	1/2 cup	31
Onions	1/2 cup, chopped	14
*Parsnips	1/2 cup, sliced	54
Peas, green	1/2 cup	79
Peppers, green or red	1 medium	24
Pickle, dill	1 spear, small	6
Radish, raw	1/2 cup, sliced	12
*Rutabaga, boil/mash	1/2 cup	49
*Spinach, cooked	1/2 cup	51
Spinach, raw	1 cup	15
Squash, summer, raw	1/2 cup, sliced	21
Squash, winter, raw	1/2 cup, cubed	13
*Tomato	1 medium whole	30
Canned bamboo shoots	1 can	65.5
Cooked mustard leaves	1 cup	58.8

Low phosphorus, cont.

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 kohlrabi	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

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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

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Potatoes	Serving size	Phosphorus (mg)
*Baked	1 potato	78
*Boiled/mashed	1/2 cup	34
*Sweet, baked	1 medium	62
Juices		
*Tomato juice	1/2 cup	23

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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	1/2 cup	61
Spaghetti	1/2 cup, packed	88
White, steamed	1/2 cup	22
Grits	1 cup	51.4
Corn tortilla	1 medium	81.6

Medium phosphorus

101-199 mg per serving

Bread	Serving size	Phosphorus (mg)
Pita, whole wheat 4-inch	1 pita	115
Cereal		
Granola	1/2 cup	188
Oatmeal	1/3 cup, dry	111
Shredded wheat	2 biscuits	176
Grains		
Biscuit, round	1 oz	133
Cornbread	1 piece (60 gm)	235
Pancakes or waffle	1 (4-inch diameter)	127
Tortilla, flour	1	104
Muffin		
Blueberry	1 medium	165

High phosphorus

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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	1/4 cup	99
Corn syrup	1 tbsp	0
Gravy, beef/chicken	1/4 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	0.5
Deli		
*Potato salad	1/2 cup	65
Salami	3 slices	52
Desserts		
Doughnut	1 medium	53
Doughnut, yeast	1 medium	56
Gelatin desserts	1/2 cup	30
Pastry, fruit danish	1	63
Toaster pastries, fruit	1 pastry	47

Low phosphorus, cont.

Pie, homemade	Serving size	Phosphorus (mg)
Apple	1/8 pie	43
Cherry	1/8 pie	54
Lemon meringue	1/8 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	1/2 cup	30.2
*Chicken noodle	1 cup	88
*Beef Stew	1 cup	82
*Chicken soup with vegetables	1 cup	89.2

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Phosphorus food guide: Other (Beverages, sweets, processed foods)

Medium phosphorus 101-199 mg per serving

Deli	Serving size	Phosphorus (mg)
*Bologna	3.52 oz	163
Pie		
Pumpkin	1 slice (133 gm)	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

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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 gm)	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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