

PHOSPHORUS FINDER

LOW PHOSPHORUS

all values are in milligrams (mg.)

Chicken, thigh w/o skin, roasted, 1.8 oz., 95
 Duck, w/skin, roasted, 133
 Pork, loin chop w/bone, lean, fat, braised, 138

HIGHER PHOSPHORUS

all values are in milligrams (mg.)

Beef, ground, 5% fat, pan-broiled, 189
 Beef, ground, 20% fat, pan-broiled, 174
 Beef, chuck pot roast, 184
 Beef, eye round select, roasted, 178
 Beef, top sirloin choice, broiled, 187
 Chicken, 1/2 breast w/o skin, roasted, 196
 Turkey, breast w/skin, 184
 Turkey, dark meat w/skin, 162

HIGHEST PHOSPHORUS

all values are in milligrams (mg.)

Beef, bottom round, lean, roasted, 203
 Beefalo, roasted, 213
 Pork, spare ribs, lean, fat, broiled, 222
 Pork, leg, lean, roasted, 239
 Pork, top loin chop, lean, fat, broiled, 202
 Veal, leg & shoulder, lean, braised, 203

MEAT & POULTRY

3 oz. dry, cooked or as stated



SEAFOOD

3 oz. dry, cooked or as stated



Cod, Atlantic, 117
 Grouper, 122
 Oysters, Eastern, raw, cnd., 118
 Oysters, Pacific, raw, 138
 Scallops, breaded & fried, 2 large, 73
 Shrimp, moist heat, 116
 Tuna, light, cnd. in water, 139

Catfish, breaded, fried, 184
 Cod, Pacific, 190
 Crab, blue, moist heat, 175
 Lobster, northern, moist heat, 157
 Mussels, blue, raw, 167
 Shrimp, breaded, fried, 185
 Shrimp, cnd., 198
 Snapper, 171

Calamari, fried, 213
 Clams, moist heat, 287
 Crab, Alaskan, moist heat, 238
 Flounder, 246, Haddock, 205, Halibut, 242
 Mussels, blue, moist heat, 242
 Salmon, Atlantic wild, ckd., 218
 Sole, 246; Swordfish, 286
 Tuna, light, cnd. in oil, 264

DAIRY & EGGS

portions as stated



Butter, 1 T, 3
 Cream cheese, 1 T, 15
 Cream, Half & Half, 1 T, 14
 Egg white, 1 large, 4
 Egg yolk, 1 large, 83
 Ice cream, low/red. calorie, vanilla, 1/2 cup, 72
 Sherbet, orange, 1/2 cup, 30
 Sour cream, fat free, 2 T, 37
 Soy milk, (dairy alternative), 4 oz., 60

Cheese, blue, 1 oz., 110
 Cheese, cheddar, 1 oz., 145
 Cheese, mozzarella, whole milk, 1 oz., 105
 Cheese, parmesan, hard, 1 oz., 197
 Cheese, provolone, 1 oz., 141
 Cheese, Swiss, 1 oz., 172
 Cottage cheese, 1% fat, 1/2 cup, 152
 Ice milk, soft serve, vanilla, 1 cone, 139

Buttermilk, 1 cup, 218
 Cheese, ricotta, part skim, 1/2 cup, 227
 Milk, nonfat, 1 cup, 247
 Milk, 1% lowfat, 1 cup, 234
 Processed American Cheese, 1 oz., 211
 Yogurt, low fat, plain, 1 cup, 327
 Yogurt, non-fat, plain, 1 cup, 356
 Yogurt, whole milk, plain, 1 cup, 216

LEGUMES

1/2 cup cooked or as stated



Peanuts, boiled, 55
 Peas, split, mature, boiled, 97

Beans, black, mature, boiled, 121
 Beans, fava, cnd., 101
 Beans, kidney, mature, boiled, 126
 Beans, lima, thin, immature, boiled, 111
 Beans, pinto, boiled, 137
 Beans, white, mature, cnd., 119
 Black-eyed peas, mature, boiled, 134
 Chickpeas, boiled, 138
 Peanut butter, creamy, smooth, 2 T, 118

Lentils, mature, boiled, 178
 Peanuts, dry roasted, 2 oz., 202
 Peanuts, oil roasted, 372
 Soybeans, boiled, 211

GRAINS & CEREALS

portions as stated



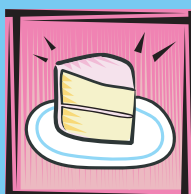
Bread, pita, 6 1/2" diameter, one, 58
 Bread, pumpernickel, 1 slice, 46
 Bread, white, 1 slice, 24
 Bread, whole wheat, 1 slice, 64
 Corn flakes, 1 cup, 20
 Crispy rice cereal, 1 cup, 31
 Hominy grits, white, 1 oz., quick dry, 46

Bagel, plain, 3.7 oz., (4" diam.), 101
 English muffin, plain, one, 2 oz., 76
 Spaghetti, enr., ckd., 1 cup, 76
 Raisin Bran, 1/2 cup, 125
 Rice, white, long grain, enr., ckd., 1 cup 68
 Shredded wheat, 1 rectangular biscuit, 103
 Wheat flour, white, enr., 1 cup, 135

Bran Cereal, 100%, 1/3 cup, 236
 Corn flour, whole grain, 1 cup, 318
 Cornmeal, whole grain, 1 cup, 294
 Oatmeal, inst. prep., 1 cup, 176
 Rice, brown, ckd., 1 cup, 162
 Wheat bran flakes, 3/4 cup, 157
 Wheat flour, whole wheat, 1 cup, 415

SNACKS & SWEETS

portions as stated



Angel food cake, 1 oz., 9
 Chestnuts, Chinese, boiled, 1 oz., 19
 Cookies, shortbread, 4, (1 5/8" sq.) 36
 Gelatin, dry mix, unsweetened, 1 oz. pkg., 11
 Rice cake, (brown rice), .32 oz. cake, 32
 Whipped topping, 1 T, <1

Cocoa, dry, prep. w/water, 1 pkt., 89
 Macadamia nuts, dry roasted, 2 oz., 112
 Popcorn, air popped, 3.5 cups, 85

Almonds, dry roasted, 2 oz., 278
 Cashews, dry roasted, 2 oz., 278
 Pecans, dry roasted, 2 oz., 166
 Walnuts, black, dried, 2 oz., 290
 Walnuts, English, 2 oz., 196

The U.S. Department of Agriculture's National Nutrient Database for Standard Reference (<http://www.ars.usda.gov/ba/bhnrc/ndl>), along with various other sources, was used in creating this guide. This guide is intended to assist you in following the advice of your physician and/or dietician. It is not intended to substitute for medical advice or instruction.

