

# High, Medium, and Low Phosphorus Foods

Phosphorus is a mineral found in our cells. Most of it is in bones and teeth, and some is in your genes. Your body needs phosphorus to make the energy the cells need to carry out their chemical processes.

Healthy adults need about 700 milligrams (mg) of phosphorus a day. If you have are having problems with your kidneys or have kidney disease, however, you may need to restrict the amount of phosphorus in your diet. High phosphorus levels play a role in mineral and bone disorders in people with chronic kidney disease.

Retention of phosphorus usually results when your intestines absorb more phosphorus than your kidneys can excrete. For this reason, **it is very important to limit the phosphorus you take in.** Phosphorus occurs naturally in many foods, but processed foods may have phosphate additives (phosphoric acid, sodium phosphate, and sodium polyphosphate) to preserve moisture or color and stabilizing frozen foods. Foods with these additives have an average of 67 mg **more** phosphorus than foods without those additives, and can contribute 300 to 1000 mg to your daily intakes of phosphorus. Check food labels.

- ✓ Eating more than the serving size for a moderate or low-phosphorus food will make it a high-phosphorus food.
- ✓ Recipes made with high-phosphorus foods will also be high in phosphorus.
- ✓ Most foods are cooked: meat is roasted and fish is cooked with dry heat. Vegetables are cooked from fresh. Vegetables that are frozen or canned vegetables may have higher phosphorus values. Boiling as the preferred cooking procedure. Fruit is raw.

## High Phosphorus (more than 100 milligrams/mg per serving)

High Phosphorus Foods	Serving size	mg
Almonds	1 ounce	140
Biscuit, 4 inch	1 each	140
Beef or veal, retail cuts, composite, lean only	3 ounces	200
Cereal, bran	½ cup	140-350
Cheese: American, cheddar, mozzarella, Swiss, provolone	1 ounce	150
Chicken, white meat	3 ounces	200
Milk, condensed, sweetened	½ cup	390
Cheese, ricotta	½ cup	225
Cheese, cottage	½ cup	170

<b>High Phosphorus Foods (cont.)</b>	<b>Serving size</b>	<b>mg</b>
Cream, light or half-and-half	½ cup	110
Dried beans and peas, cooked or canned	½ cup	100-140
Fish: pollock, walleye, swordfish, cod, halibut, salmon, tuna	3 ounces	200-280
Granola	½ cup	150
Hot cocoa, prepared	6 ounces	100
Lentils	½ cup	180
Milk, evaporated (1/2 cup) or milkshake (1 cup)	½ cup/1 cup	260
Milk, all kinds	1 cup	240
Nuts, most varieties	1 ounce	100-130
Oatmeal	½ cup	160
Organ meats	1 ounce	125
Oysters	3 medium	180
Peanut/nut butters	2 tablespoons	115
Pork, loin	3 ounces	200
Potato, baked w/ skin	1 medium	120
Pudding or custard, made w/ milk	½ cup	150
Sardines	3 ounces	420
Seeds, sunflower or pumpkin	1 ounce	340
Shrimp or crab	3 ounces	110
Soybeans	½ cup	210
Soy milk	1 cup	130
Tofu, firm	¼ block	100
Tortillas, 6 inch corn	2 each	120
Tuna, canned in water, drained	3 ounces	140
Turkey, light or dark	3 ounces	180
Veggie or soy patty	1 each	145
Wheat germ	1 tablespoon	115
Waffle or pancake, 4 inch	1 each	120
Yogurt, plain or fruited	6 ounces	220-360

## Moderate Phosphorus (50-100 mg per serving)

Moderate Phosphorus Foods	Serving size	mg
Asparagus	½ cup	45
Bacon	2 slices	70
Bagel, 4," egg	1 each	75
Beans, baked	½ cup	95
Beer or ale	12 ounces	50
Bread, whole wheat	1 slice	55
Cake	2×2 inch piece	90
Cereal, nonbran	½ cup	50-100
Cheese, parmesan	2 tablespoons	90
Chocolate	1.5-ounce bar	90
Cocoa	2 tablespoons	80
Cookies, sandwich type	4 each	40
Corn	½ cup	65
Egg, whole, large	1 large	95
English muffin	1 each	50
Fish, orange roughy	3 ounces	90
Frankfurter	1 each	100
Granola bar, hard, plain	1 each	70
Ice milk, ice cream, or frozen yogurt	½ cup	75
Iced tea, canned	12 ounces	95
Muffin	2 ounces	75
Mushrooms	½ cup	60
Pasta, egg noodles	½ cup	60
Peas, green	½ cup	65
Rice, brown or wild	½ cup	75
Salami	1 ounce	65
Spaghetti, whole wheat	½ cup	65

Moderate Phosphorus Foods (cont.)	Serving size	mg
Spinach	½ cup	50
Sweet potato, baked w/ skin	1 medium	60

## Low Phosphorus (less than 50 mg per serving)

Low Phosphorus Foods	Serving size	mg
Beans, green or yellow	½ cup	20
Bread, pumpernickel or rye	1 slice	45
Bread, white	1 slice	25
Brussels sprouts	½ cup	45
Candy: hard or jelly beans	1 ounce	5
Caramels	1 ounce	30
Cereals: rice and corn	1 cup	20
Cheese, cream	1 ounce	30
Coffee, brewed	6 ounces	5
Cream of wheat or grits	½ cup	20
Creamer, non-dairy, liquid	1 ounce	20
Fats and oils	1 tablespoon	< 5
Fruit juices	½ cup	15-30
Fruit, most types	1 piece or ½ cup	< 30
Gelatin	½ cup	30
Greens	½ cup	30
Malt, chocolate mix	1 tablespoon	35
Popcorn, air popped	1 cup	30
Popsicles or juice bars	1 each	0
Pretzels	1 ounce	30
Pudding or custard, RTE	½ cup	45
Rice, white	½ cup	35
Sausage, pork	1 ounce	40
Sherbet	½ cup	30

<b>Low Phosphorus Foods (cont.)</b>	<b>Serving size</b>	<b>mg</b>
Soda, cola or dark-type	12 ounces	50
Soda: lemon-lime, ginger ale, root beer	12 ounces	0
Spaghetti or macaroni	½ cup	40
Spinach	½ cup	50
Tea, black, brewed	6 ounces	2
Tomato, raw	1 medium	30
Wine, table, all varieties	5 ounces	30