

Phosphorous in Foods by Class of Food

Low Phosphorous

Medium Phosphorous

High Phosphorous

Meats:

To 150mg		From 151 to 200mg		201 or more mg	
Beef, ground, extra lean, 3oz	137	Beef, chuck roast, 3oz	163	Beef, bottom round, 3oz	217
Beef, ground, regular, 3oz	144	Beef, eye round, 3oz	177	Beefalo, 3oz	213
Duck, domestic, with skin, 3oz	133	Beef, sirloin steak, 3oz	186	Pork, fresh boneless loin chop	207
		Chicken, dark, 3oz	154	Pork, fresh leg roast, 3oz	224
		Chicken, white, 3oz	185	Pork, fresh spareribs, 3oz	192
		Lamb, kabobs, domestic, 3oz	190	Veal, cubes, stewed, 3oz	203
		Lamb, leg roast, domestic, 3oz	162	Veal, rib roast, 3oz	211
		Lamb, leg roast, New Zealand, 3oz	186		
		Pork, fresh, loin ribs, 3oz	142		
		Turkey, white, 3oz	188		
		Turkey, dark, 3oz	157		

Seafood:

To 150 mg		From 151 to 200 mg		201 or more mg	
Clams, raw, 3oz	144	Catfish, breaded, fried, 3oz	183	Calamari, fried, 3oz	213
Cod, Atlantic, 3oz	117	Crab, blue, moist heat, 3oz	175	Clams, moist heat, 3oz	287
Grouper, 3oz	121	Crab, Dungeness, moist heat, 3oz	149	Crab, Alaskan, moist heat, 3oz	238
Oyster, Eastern, raw, canned, 3oz	118	Cod, Pacific, 3oz	190	Flounder, 3oz	246
Oyster, Pacific, raw, 3oz	138	Lobster, moist heat, 3oz	157	Hallbut, 3oz	242
Shrimp, moist heat, 3oz	116	Mussels, blue, raw, 3oz	168	Oysters, Eastern, cooked, 3oz	236
		Shrimp, breaded, fried, 3oz	185	Mussels, blue, cooked, 3oz	242
		Snapper, 3oz	171	Salmon, canned, pink/red, 3oz	279
		Tuna, light, canned in water, 3oz	158	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:

To 100 mg		From 101 to 200 mg		201 or more mg	
Butter, 1 tbsp.	3	Cheese, blue, 1 oz	110	Buttermilk, 1 cup	219
Cheese, brie, 1 oz.	53	Cheese, cheddar, 1 oz	145	Cheese, parmesan, 1 oz	225
Cheese, feta, 1 oz	98	Cheese, mozzarella, 1 oz	105	Cheese, ricotta, part skim, 1/2 cup	225
Cottage Cheese, nonfat, 1/2 cup	76	Cheese, provolone, 1 oz	141	Custard, flan, pudding, 1/2 cup	180-300
Cream cheese, 1 oz	30	Cheese, Swiss, 1 oz	171	Milk, evaporated skim, 1/2 cup	250
Cream, half and half, 1 tbsp.	14	Cottage cheese, 4% fat, 1/2 cup	139	Milk, nonfat, 1 cup	247-275
Egg, white, 1 medium	4	Cottage cheese, 2% fat, 1/2 cup	170	Milk, 1% lowfat, 1 cup	235-273
Egg, yolk, 1 medium	86	Ice milk, soft serve, vanilla, 1/2 cup	106	Milk, whole, 1 cup	228
Ice cream, 10% fat, vanilla, 1/2 cup	67	Milk, canned, sweetened, condensed 1/4 cup	194	Process American cheese, 1oz	214
Shebert, 1/2 cup	38			Soy milk, 1 cup	345
Sour cream, 1/2 cup	98			Yogurt, skim, 1 cup	355
				Yogurt, lowfat, 1 cup	326
				Yogurt, whole milk, 1 cup	215

Vegetable:

To 100 mg		From 101 to 150 mg		151 or more mg	
Peas, split, 1/2 cup	97	Beans, black, 1/2 cup	120	Beans, small, white, 1/2 cup	152
Peanuts, boiled, 1/2 cup	63	Beans, fava, 1/2 cup	106	Lentils, 1/2 cup	178
		Beans, kidney, 1/2 cup	125	Peanuts, dry roasted, 2 oz	202
		Beans, lima, 1/2 cup	110	Peanuts, oil roasted, 2 oz	263
		Beans, navy, 1/2 cup	143	Soybeans, 1/2 cup	211
		Beans, pinto, 1/2 cup	136	Tofu, raw, firm, 1/2 cup	239
		Black-eyes peas, 1/2 cup	134		
		Chickpeas, 1/2 cup	137		
		Peanut butter, 2 tbsp.	102		
		Tofu, raw, regular, 1/2 cup	120		

Bread:

To 65 mg		From 66 to 150 mg		151 or more mg	
Bagel, plain, one	46	Bread, pumpkinnickel, 1 slice	71	Bran cereal, 100%, 1/2 cup	354
Barley, pearled, cooked, 1/2 cup	43	Bread, whole wheat, 1 slice	66	Corn bread, 1 piece	226
Bread, pita, 6.5" diameter, one	60	English muffin, plain, one	67	Wheat flour, whole grain, 1 cup	415
Bread, white, 1 slice	27	Oatmeal, cooked, 1 packet	133	Wheat germ, plain, toasted, 1/4 cup	324
Corn flakes, 1 cup	14	Pasta, 1 cup	85		
Couscous, cooked, 1/2 cup	31	Raisin Bran, 1/2 cup	124		
Crispy rice cereal, 1 cup	31	Rice, brown, cooked, 1/2 cup	81		
Farina, cooked, 3/4 cup	21	Shredded wheat, 1 large biscuit	86		
Hominy grits, 1/2 cup	15	Tortilla, corn/flour, 2	150/114		
Rice, white, cooked, 1/2 cup	37	Wheat flakes, 1 cup	100		
		Wheat, flour, white, 1 cup	135		

Nuts:

To 65 mg		From 66 to 150 mg		151 or more mg	
Chestnuts, Chinese, canned, 2 oz	10	Angel food cake, 1/2	91	Almonds, oil/dry roasted, 2 oz	264
Cookies, shortbread, 4 small	39	Coca dry, unsweetened, 2 tsp	74	Cashews, dry roasted, 2 oz	278
Gelatin, water base, 1/2 cup	23	Macadamia nuts, oil roasted, 2 oz	114	Pecans, oil/dry roasted, 2 oz	166
Popcorn, air popped, 1 cup	22			Sunflower seeds, 2 oz	655
Rice cakes, one	34			Walnuts, English, 2 oz	195