

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	Halibut, 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

Low Phosphorous

Medium Phosphorous

High Phosphorous

Milk:

To 100 mg

Butter, 1 tbsp.	3
Cheese, brie, 1 oz.	53
Cheese, feta, 1 oz	96
Cottage Cheese, nonfat, 1/2 cup	76
Cream cheese, 1 oz	30
Cream, half and half, 1 tbsp.	14
Egg, white, 1 medium	4
Egg, yolk, 1 medium	86
Ice cream, 10% fat, vanilla, 1/2 cup	67
Shebert, 1/2 cup	38
Sour cream, 1/2 cup	98

From 101 to 200 mg

Cheese,blue, 1 oz	110
Cheese, cheddar, 1 oz	145
Cheese, mozzarella, 1 oz	105
Cheese, provolone, 1 oz	141
Cheese, Swiss, 1 oz	171
Cottage cheese, 4% fat, 1/2 cup	139
Cottage cheese, 2% fat, 1/2 cup	170
Ice milk, soft serve, vanilla, 1/2 cup	106
Milk, canned, sweetened, condensed 1/4 cup	194

201 or more mg

Buttermilk, 1 cup	219
Cheese, parmesan, 1 oz	225
Cheese, ricotta, part skim, 1/2 cup	225
Custard, flan, pudding, 1/2 cup	180-300
Milk, evaporated skim, 1/2 cup	250
Milk, nonfat, 1 cup	247-275
Milk, 1% lowfat, 1 cup	235-273
Milk, whole, 1 cup	228
Process American cheese, 1oz	214
Soy milk, 1 cup	345
Yogurt, skim, 1 cup	355
Yogurt, lowfat, 1 cup	326
Yogurt, whole milk, 1 cup	215

Vegetable:

To 100 mg

Peas, split, 1/2 cup	97
Peanuts, boiled, 1/2 cup	63

From 101 to 150 mg

Beans, black, 1/2 cup	120
Beans, fava, 1/2 cup	106
Beans, kidney, 1/2 cup	125
Beans, lima, 1/2 cup	110
Beans, navy, 1/2 cup	143
Beans, pinto, 1/2 cup	136
Black-eyes peas, 1/2 cup	134
Chickpeas, 1/2 cup	137
Peanut butter, 2 tbsp.	102
Tofu, raw, regular, 1/2 cup	120

151 or more mg

Beans, small, white, 1/2 cup	152
Lentils, 1/2 cup	178
Peanuts, dry roasted, 2 oz	202
Peanuts, oil roasted, 2 oz	263
Soybeans, 1/2 cup	211
Tofu, raw, firm, 1/2 cup	239

Low Phosphorous

Medium Phosphorous

High Phosphorous

Bread:

To 65 mg

Bagel, plain, one	46
Barley, pearled, cooked, 1/2 cup	43
Bread, pita, 6.5" diameter, one	60
Bread, white, 1 slice	27
Corn flakes, 1 cup	14
Couscous, cooked, 1/2 cup	31
Crispy rice cereal, 1 cup	31
Farina, cooked, 3/4 cup	21
Hominy grits, 1/2 cup	15
Rice, white, cooked, 1/2 cup	37

From 66 to 150 mg

Bread, pumpernickel, 1 slice	71
Bread, whole wheat, 1 slice	66
English muffin, plain, one	67
Oatmeal, cooked, 1 packet	133
Pasta, 1 cup	85
Raisin Bran, 1/2 cup	124
Rice, brown, cooked, 1/2 cup	81
Shredded wheat, 1 large biscuit	86
Tortilla, corn/flour, 2	150/114
Wheat flakes, 1 cup	100
Wheat, flour, white, 1 cup	135

151 or more mg

Bran cereal, 100%, 1/2 cup	354
Corn bread, 1 piece	226
Wheat flour, whole grain, 1 cup	415
Wheat germ, plain, toasted, 1/4 cup	324

Nuts:

To 65 mg

Chestnuts, Chinese, canned, 2 oz	10
Cookies, shortbread, 4 small	39
Gelatin, water base, 1/2 cup	23
Popcorn, air popped, 1 cup	22
Rice cakes, one	34

From 66 to 150 mg

Angel food cake, 1/2	91
Coca dry, unsweetened, 2 tbsp	74
Macadamia nuts, oil roasted, 2 oz	114

151 or more mg

Almonds, oil/dry roasted, 2 oz	264
Cashews, dry roasted, 2 oz	278
Pecans, oil/dry roasted, 2 oz	166
Sunflower seeds, 2 oz	655
Walnuts, English, 2 oz	195