

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

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 ox 145	Cheese, parmesan, 1 oz 225
Cheese, feta, 1 oz 96	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, pumpernickel, 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	Cocoa dry, unsweetened, 2 tbsp 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