### Phosphorous in Foods by Class of Food

#### To 150mg

<table>
<thead>
<tr>
<th>Low Phosphorous</th>
<th>Medium Phosphorous</th>
<th>High Phosphorous</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>From 151 to 200mg</td>
<td>201 or more mg</td>
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</tbody>
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#### To 100mg

<table>
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<th>High Phosphorous</th>
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<tbody>
<tr>
<td></td>
<td>From 101 to 200mg</td>
<td>201 or more mg</td>
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#### To 65mg

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<td>From 66 to 150mg</td>
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#### Suggested Foods:

- **Meats:**
  - Beef, ground, extra lean, 3oz (137mg)
  - Beef, ground, regular, 3oz (144mg)
  - Duck, domestic, with skin, 3oz (133mg)
- **Seafood:**
  - Clams, raw, 3oz (144mg)
  - Cod, Atlantic, 3oz (117mg)
  - Oyster, Pacific, raw, 3oz (138mg)
  - Shrimp, moist heat, 3oz (116mg)
- **Milk:**
  - Butter, 1 tbsp. (3mg)
  - Cheese, brie, 1 oz (53mg)
  - Cottage Cheese, nonfat, 1/2 cup (76mg)
  - Cream cheese, 1 oz (30mg)
  - Egg, white, 1 medium (4mg)
  - Egg yolks, 1 medium (86mg)
  - Ice cream, 10% fat, vanilla, 1/2 cup (67mg)
  - Sheert, 1/2 cup (38mg)
- **Vegetable:**
  - Peas, split, 1/2 cup (97mg)
  - Peanuts, boiled, 1/2 cup (63mg)
- **Nuts:**
  - Bread: Peak, plain, one (46mg)
  - Barley, pearled, cooked, 1/2 cup (43mg)
  - Bread, pita, 6.5” diameter, one (60mg)
  - Bread, white, 1 slice (27mg)
  - Corn flakes, 1 cup (14mg)
  - Couscous, cooked, 1/2 cup (31mg)
  - Crisp rice cereal, 1 cup (31mg)
  - Farina, cooked, 3/4 cup (21mg)
  - Hominy grits, 1/2 cup (15mg)
  - Rice, white, cooked, 1/2 cup (37mg)
- **Nuts:**
  - Chestnuts, Chinese, canned, 2 oz (10mg)
  - Cookies, shortbread, 4 small (39mg)
  - Gelatin, water base, 1/2 cup (23mg)
  - Popcorn, air popped, 1 cup (22mg)
  - Rice cakes, one (34mg)
  - Angel food cake, 1/2 (91mg)
  - Cocoa dry, unsweetened, 2 tbsp (74mg)
  - Macadamia nuts, oil roasted, 2 oz (114mg)
  - Sunflower seeds, 2 oz (655mg)
  - Walnuts, English, 2 oz (195mg)