

Phosphorus Ratings

Here are the phosphorus ratings for some of the foods you may like to eat. Knowing these ratings will help you keep track of how much phosphorus you consume each day. If you have any questions or don't see something on the list, please contact your doctor or dietitian.

Beverages



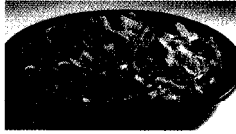
	<u>mg of phosphorus</u>
Apple juice (4 oz; unsweetened)	17
Coffee (8 oz)	2
Cranberry juice cocktail (4 oz; bottled)	5
Grape juice (4 oz; frozen concentrate sweetened, diluted with 3 cans of water)	10
Tea (6 oz; brewed with tap water)	2
Club soda (12 oz)	0
Root beer/Lemon-lime/Orange soda (12 oz)	0
Cola with caffeine (8 oz)	44
Rice milk (8 oz)	21
Orange juice	10

Dairy/Eggs



	<u>mg of phosphorus</u>
Feta cheese (1 oz)	96
Parmesan cheese (1 tbsp; grated)	40
Cream cheese (2 tbsp)	15
Half and half cream (1 tbsp)	14
Sour cream (1 tbsp)	10
Large eggs (1 egg; hard-boiled)	86
Cheddar cheese (1 oz)	145
Mozzarella cheese (1 oz)	105
Provolone cheese (1 oz)	141
Swiss cheese (1 oz)	216
Cottage cheese (1 cup; non-fat)	151
Ice cream (1/2 cup; chocolate)	71

Beans/Grains/Cereals/Breads



	<u>mg of phosphorus</u>
Pita bread (6 1/2 inch)	58
White bread (1 slice)	24
Corn flakes (1 1/3 cup)	110
Rice Krispies® (1 1/3 cup)	44
Crackers (4; wheat)	18
Black beans (1/2 cup)	122
Kidney beans (1/2 cup)	122
Pinto beans (1/2 cup)	137
Whole wheat bread (1 slice)	38
Cornbread (1 slice)	226
English muffin (1)	76
Spaghetti (1 cup cooked)	76
Peanut butter (1 tbsp; chunk style with salt)	51
Brown rice (1/2 cup; long grain cooked)	81
Waffle (1; frozen)	139
Bagel	9

Fruits



	<u>mg of phosphorus</u>
Apples (1 cup; raw, without skin)	8
Apricots (1; raw)	7
Cranberry sauce (1 slice; canned, sweetened)	3
Grapes (10; red or green, raw)	7
Papaya (1 cup; raw)	7
Pears (1/2 pear; canned, heavy syrup)	5
Pineapple (1 slice; canned, heavy syrup)	3
Plums (1; raw)	7
Cherries (10; sweet, raw)	13
Blueberries (1 cup; raw)	15
Grapefruit (1/2 grapefruit; pink or red, raw)	11
Honeydew melon (1 cup; raw)	17
Oranges (1; raw)	25
Peaches (1; raw)	12
Raspberries (1 cup; raw)	15

Meat/Poultry



Ground beef (3 oz)	145
Beef top sirloin (3 oz; lean only)	207
Chicken breast (breast, skinless, roasted)	196
Lamb (3 oz; leg, lean and fat only roasted)	162
Roasted turkey (3 oz; white meat)	184

Seafood



<u>mg of phosphorus</u>	<u>mg of phosphorus</u>
Tuna (3 oz; light, canned in water)	139
Lobster (3 oz; steamed)	157
Blue crab (3 oz; steamed)	175
Cod (3 oz; steamed)	190
Catfish (3 oz; breaded and fried)	184
Oysters (3 oz; breaded and fried)	135
Smoked salmon (3 oz; Chinook variety)	139

Vegetables



	<u>mg of phosphorus</u>
Broccoli (1 cup; raw)	58
Carrots (1 cup; raw)	48
Green beans (1 cup, canned)	26
Spinach (1 cup; raw)	15
Cauliflower (1 cup; raw)	44
Asparagus (4 spears; fresh, boiled, drained)	32
Corn (1 ear; sweet, white, boiled, no salt)	79
Green peas (1 cup; canned)	114

Sweets/Desserts









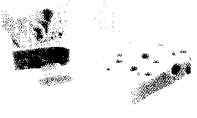








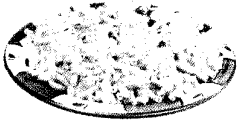
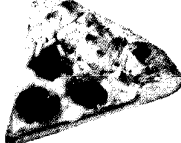




Angel food cake (1 piece; commercial)	9
Butter cookies (1 cookie; commercial)	5
Caramels (1 piece)	12
Caramel/chocolate roll candy (1 piece)	3
Chocolate chip cookies (1 cookie; commercial, low-fat)	8
Frozen fruit juice bars (1 bar)	5

	<u>mg of phosphorus</u>
Graham crackers (2 squares; plain or honey)	15
Gummy candies (10 pieces)	0
Hard candy (1 piece)	0
Ice pops (1 bar)	0
Italian ice (1/2 cup; restaurant prepared)	0
Jellybeans (10 large)	1
Marshmallows (1 cup)	4
Popcorn (1 cup, air popped)	24
Sherbet (1/2 cup; orange)	30
Shortbread cookies (1 cookie; commercial, plain)	9
Vanilla wafers (1 cookie; lower-fat)	4
Apple pie (1 piece; commercial)	28
Chocolate sandwich cookie with cream filling (1 cookie)	10
Oatmeal cookie (1 cookie; commercial, fat-free)	12
Pound cake (1 piece; commercial)	38
Sponge cake (1 piece; homemade)	41
Brownies (1 piece; commercial)	57
Chocolate pudding (1/2 cup; dry mix, instant prepared with 2% milk)	30
Doughnuts (1 medium; yeast, glazed)	56

High Phosphorus Foods

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Grains and Cereals	Biscuits (prepared)	Cornbread (mix, prepared)	Bran Cereal	Pancakes (dry mix, prepared)		
						
Dairy	Cottage Cheese	Cheese	Milk	Ice Cream	Pudding	Yogurt
						
Desserts/ Beverages	Cake (mix, prepared)	Chocolate	Cola, Dr. Pepper	Chocolate Flavored Beverage		
						
Prepared/ Processed Foods	Macaroni & Cheese	Pizza (meat and vegetable topping)	Hot Dog	Bologna		
						

You may need to limit or avoid these foods. Check with your Dietitian regarding specific foods and portion sizes that are right for you.

Disclaimer: Pictures may not reflect actual phosphorus content as described.

Reference: U.S. Department of Agriculture, Agricultural Research Service. 2008. USDA National Nutrient Database for Standard Reference, Release 21. Nutrient Data Laboratory Home Page. Available at: <http://www.ars.usda.gov/ba/bhnrc/ndl>. Accessed June 9, 2009.

Abbott
A Promise for Life

High Phosphorus Foods

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Phosphorus is an essential mineral for the body. It is used to build strong bones and teeth, and to help the body use energy. Phosphorus is also important for the normal function of the heart, muscles, and nerves. Phosphorus is found in many foods, including grains, dairy, and meat. The following table lists some high phosphorus foods and their phosphorus content.

	(1 cup) 194-356 mg	(1 oz) 123-139 mg	(1 tbsp/3 tbsp) 57/171 mg
	(great northern, kidney, navy, pinto, lentils, split green peas, chickpeas - cooked)	(almonds, cashews-dry roasted, mixed, pistachios)	(smooth style)
Grains and Cereals	Biscuits (prepared)	Cornbread (mix, prepared)	Bran Cereal
	(4" biscuit) 166 mg	(1 piece) 226 mg	(1/2 cup) 345 mg
			(Kellogg's All Bran)
			Pancakes (dry mix, prepared)
			(1 pancake/3 pancakes) 127/381 mg
Dairy	Cottage Cheese	Cheese	Milk
	(1 cup) 303 mg	(1 oz) 141-216 mg	(8 fl oz) 222-247 mg
	(1% milkfat)	(American, Cheddar, Mozzarella, Provolone, Swiss)	(skim, 1% milkfat, 2% milkfat, whole)
			(vanilla)
			(vanilla, dry mix, prepared with milk)
			(fruit, plain - lowfat)
			Ice Cream
			(1/2 cup/1 cup) 69/138 mg
			Yogurt
			(1/2 cup) 116 mg
			(8 oz container) 270-327 mg
Desserts/ Beverages	Cake (mix, prepared)	Chocolate	Cola, Dr. Pepper
	1 piece 116 mg	1 bar (1 cup) 108-222 mg	12 fl oz 32-40 mg
		(Milk chocolate with almonds, semisweet candies)	(contains caffeine)
			(powder mix, prepared with whole milk)
			Chocolate Flavored Beverage
			(1 cup) 234 mg
Prepared/ Processed Foods	Macaroni & Cheese	Pizza (meat and vegetable topping)	Hot Dog
	(1 cup/2 cups) 118/236 mg	(1 slice/2 slices) 143/286 mg	(1 sandwich) 97 mg
		(frozen, cooked)	(plain)
			(beef and pork)
			Bologna
			(2 slices/4 slices) 92 mg/184 mg

Reference: U.S. Department of Agriculture, Agricultural Research Service. 2008. USDA National Nutrient Database for Standard Reference, Release 21. Nutrient Data Laboratory Home Page. Available at: <http://www.ars.usda.gov/ba/bhnr/nd/>. Accessed June 9, 2009.

