

|  | LOW PHOSPHORUS                         | HIGHER PHOSPHORUS                           | HIGHEST PHOSPHORUS                      |
|--|--|---|---|
| <b>Meat &amp; Poultry</b><br>3 ounces dry, cooked or as stated | <b>To 150 mg.</b>                      | <b>151 to 200 mg.</b>                       | <b>201 or more mg.</b>                  |
|  | Beef, ground, extra lean 137           | Beef, chuck roast 163                       | Beef, bottom round 217                  |
|  | Beef, ground, regular 144              | Beef, eye round 177                         | Beefalo 213                             |
|  | Duck, domestic, with skin 133          | Beef, sirloin steak 186                     | Pork, fresh, boneless loin chop 203     |
|  |  | Chicken, white 185                          | Pork, fresh, leg roast 224              |
|  |  | Chicken, dark 154                           | Pork, fresh, spareribs 192              |
|  |  | Lamb, kabobs, domestic 190                  | Veal, cubes, stewed 203                 |
|  |  | Lamb, leg roast, domestic 162               | Veal, rib roast 211                     |
|  |  | Lamb, leg roast, New Zealand 186            |   |
|  |  | Pork, fresh, loin ribs 142                  |   |
|  | Turkey, white 188                      |   |   |
|  | Turkey, dark 157                       |   |   |
| <b>Fish</b><br>3 ounces dry, cooked or as stated               | <b>To 150 mg.</b>                      | <b>151 to 200 mg.</b>                       | <b>201 or more mg.</b>                  |
|  | Clams, raw 144                         | Catfish, breaded, fried 183                 | Calamari, fried 213                     |
|  | Cod, Atlantic 117                      | Crab, blue, moist heat 175                  | Clams, moist heat 287                   |
|  | Grouper 121                            | Crab, Dungeness, moist heat 149             | Crab, Alaskan, moist heat 238           |
|  | Oysters, Eastern, raw/canned 118       | Cod, Pacific 190                            | Flounder 246                            |
|  | Oysters, Pacific, raw 138              | Lobster, moist heat 157                     | Haddock 205                             |
|  | Shrimp, moist heat 116                 | Mussels, blue, raw 168                      | Halibut 242                             |
|  |  | Shrimp, breaded, fried 185                  | Oysters, Eastern, cooked 236            |
|  |  | Shrimp, canned 198                          | Mussels, blue, cooked 242               |
|  |  | Snapper 171                                 | Salmon, canned, Pink/red 279            |
|  | Tuna, light, canned in water 158       | Salmon, fresh, cooked 234                   |   |
|  |  | Scallops, breaded, fried 203                |   |
|  |  | Sole 246                                    |   |
|  |  | Swordfish 287                               |   |
|  |  | Tuna, white, canned in oil 227              |   |
|  |  | tuna, light, in oil 265                     |   |
| <b>Dairy &amp; Eggs</b><br>Portions as stated                  | <b>To 100 mg.</b>                      | <b>101 to 200 mg.</b>                       | <b>201 or more mg.</b>                  |
|  | Butter, 1 tbsp 3                       | Cheese, blue, 1 ounce 110                   | Buttermilk, 1 cup 219                   |
|  | Cheese, brie, 1 ounce 53               | Cheese, cheddar, 1 ounce 145                | Cheese, parmesan, 1 ounce 229           |
|  | Cheese, feta, 1 ounce 96               | Cheese, mozzarella, 1 ounce 105             | Cheese, ricotta, part skim, 1/2 cup 226 |
|  | Cottage cheese, nonfat, 1/2 cup 76     | Cheese, provolone, 1 ounce 141              | Milk, evaporated skim, 1/2 cup 248      |
|  | Cream cheese, 1 ounce 30               | Cheese, Swiss, 1 ounce 171                  | Milk, nonfat, 1 cup 247- 275            |
|  | Cream, half & half, 1 tbsp 14          | Cottage cheese 4% fat, 1/2 cup 139          | Milk, 1% low fat, 1 cup 235- 273        |
|  | Egg white, 1 medium 4                  | Cottage cheese 2% fat, 1/2 cup 170          | Milk, Whole, 1 cup 228                  |
|  | Egg yolk, 1 medium 86                  | Ice cream, soft serve, vanilla, 1/2 cup 106 | Processed American Cheese, 1 ounce 211  |
|  | Ice cream, 10% fat, vanilla 1/2 cup 67 |   | Yogurt, skim, 1 cup 355                 |
| Sherbet, 1/2 cup 38  |  | Yogurt, low fat, 1 cup 326                  |   |
| Sour cream, 1/2 cup 98   |  | Yogurt, whole milk, 1 cup 215               |   |
| <b>Legumes</b><br>1/2 cup cooked or as stated                  | <b>To 100 mg.</b>                      | <b>101 to 150 mg.</b>                       | <b>151 or more mg.</b>                  |
|  | Peas, split 97                         | Beans, black 120                            | Beans, small, white 152                 |
|  | Peanuts, boiled 63                     | Beans, black turtle 140                     | Lentils 178                             |
|  | Soy milk 59                            | Beans, fava 106                             | Peanuts, dry roasted, 2 ounces 200      |
|  |  | Beans, kidney 125                           | Peanuts, oil roasted, 2 ounces 290      |
|  |  | Beans, lima, thick 104                      | Soybeans 211                            |
|  |  | Beans, lima, thin 116                       | Tofu, raw, firm 239                     |
|  |  | Beans, navy 143                             |   |
|  |  | Beans, pinto 136                            |   |
|  |  | Black-eyed peas 134                         |   |
|  | Chickpeas 137                          |   |   |
|  | Peanut butter, 2 tbsp 102              |   |   |
|  | Tofu, raw, regular 120                 |   |   |
| <b>Grains &amp; Cereals</b><br>Portions as stated              | <b>To 65 mg.</b>                       | <b>66 to 150 mg.</b>                        | <b>151 or more mg.</b>                  |
|  | Bagel, plain, 3 1/2" diameter, one 46  | Bread, pumpernickel, 1 slice 71             | Bran cereal, 100%, 1/2 cup 402          |
|  | Barley, pearled, cooked, 1/2 cup 43    | Bread, whole wheat, 1 slice 66              | Corn flour, whole grain, 1 cup 318      |
|  | Brad, pita, 6 1/2" diameter, one 60    | English muffin, plain, one 67               | Cornmeal, whole grain, 1 cup 294        |
|  | Bread, white, 1 slice 27               | Oatmeal, cooked, 1 packet 133               | Wheat flour, whole grain, 1 cup 415     |
|  | Corn flakes, 1 cup 14                  | Pasta, "al dente", 1 cup 85                 | Wheat germ, plain, 9 1/4 cup 324        |
|  | Couscous, cooked, 1/2 cup 20           | 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               | Wheat flakes, 1 cup 100                     |   |
| Rice, white, cooked, 1/2 cup 37                                | Wheat flour, white, 1 cup 135          |   |   |
| <b>Snacks &amp; Sweets</b><br>Portions as stated               | <b>To 65 mg.</b>                       | <b>66 to 150 mg.</b>                        | <b>151 or more mg.</b>                  |
|  | Chestnuts, Chinese, canned, 2 ounce 10 | Angel food cake, 1/12 91                    | Almonds, oil/dry roast, 2 ounces 312    |
|  | Cookies, shortbread, 4 small 39        | Cocoa, dry, unsweetened, 2 tbsp 74          | Cashews, dry roast, 2 ounces 278        |
|  | Gelatin, water base, 1/2 cup 23        | Macadamia nuts, oil roast, 2 ounces 114     | Cashews, oil roast, 2 ounces 242        |
|  | Popcorn, air popped, 1 cup 22          |   | Pecans, oil/dry roast, 2 ounces 170     |
|  | Rice cake, one 34                      |   | Walnuts, black 2 ounces 264             |
| Cool Whip, 2 tbsp 0  |  | Walnuts, English, 2 ounces 180              |   |