

Phosphorus Finder

	Low Phosphorus <i>All values are in milligrams (mg.)</i>	Higher Phosphorus <i>All values are in milligrams (mg.)</i>	Highest Phosphorus <i>All values are in milligrams (mg.)</i>
Meat & Poultry Portions: 3 oz. dry, cooked or as stated	Chicken, thigh w/o skin, roasted 1.8 oz., 95 Duck, w/ skin, roasted, 133 Pork, loin chop w/bone, lean, fat, braised, 138	Beef, ground, 5% fat, pan-broiled, 189 Been, ground, 20% fat, pan-broiled, 174 Beef, chuck pot roast, 184 Beef, eye round select, roasted, 178 Beef, top sirloin choice, broiled, 187 Chicken, ½ breast w/o skin, roasted 196 Turkey, breast w/skin, 184 Turkey, dark meat w/skin, 162	Beef, bottom round, lean, roasted, 203 Beefalo, roasted, 213 Pork, spare ribs, lean, fat, broiled, 222 Pork, leg, lean, roasted, 239 Port, top loin chop, lean, fat, broiled, 202 Veal, leg & shoulder, lean, braised, 203
Seafood Portions: 3 oz. dry, cooked or as stated	Cod, Atlantic, 117 Grouper, 122 Oysters, Eastern, Raw, canned, 118 Oysters, Pacific, raw, 138 Scallops, breaded & fried, 2 large, 73 Shrimp, moist heat, 116 Tuna, light, canned in water, 139	Catfish, breaded, fried, 184 Cod, Pacific, 190 Crab, blue, moist heat, 175 Lobster, Northern, moist heat, 157 Mussels, blue, raw, 167 Shrimp, Breaded, fried, 184 Shrimp, canned, 198 Snapper, 171	Calamari, fried, 213 Clams, moist heat, 287 Crab, Alaskan, moist heat, 238 .Flounder, 246 Haddock, 205 Halibut, 242 Mussels, blue, moist heat, 242 Salmon, Atlantic wild, 218 Sole, 246 Swordfish, 286 Tuna, light, canned in oil, 246
Dairy & Eggs Portions: As stated	Butter, 1 T, 3 Cream cheese, 1 T, 15 Cream, Half & Half, 1 T, 14 Egg white, 1 large, 4 Egg yolk, 1 large, 83 Ice cream, low/red. Calorie, vanilla, ½ cup, 72 Sherbet, orange, ½ cup, 30 Sour cream, fat free, 2 T, 37 Soy milk, (dairy alternative), 4 oz., 60	Cheese, blue, 1 oz., 110 Cheese, cheddar, 1 oz., 145 Cheese, mozzarella, whole milk, 1 oz., 105 Cheese, parmesan, hard, 1 Oz. 197 Cheese, provolone, 1 oz., 141 Cheese, Swiss, 1 oz., 172 Cottage cheese, 1% fat, ½ cup, 152 Ice milk, soft serve, vanilla, 1 cone, 139	Buttermilk, 1 cup, 218 Cheese, ricotta, part Skim, ½ cup, 227 Milk, nonfat, 1 cup, 247 Milk, 1% low-fat, 1 cup, 234 Processed American Cheese, 1 oz., 211 Yogurt, low fat, plain, 1 cup, 356 Yogurt, non-fat, plain, 1 cup, 356 Yogurt, whole milk, plain, 1 cup, 216
Legumes Portions: ½ cup cooked or as stated	Peanuts, boiled, 44 Peas, split, mature, boiled, 97	Beans, black, mature, boiled, 121 Beans, fava, canned, 101 Beans, kidney, mature, boiled, 125 Beans, lima, thin, immature, boiled, 111 Beans, pinto, boiled, 137 Beans, white, mature, canned, 119 Black-eyed peas, mature, boiled, 134 Chickpeas, boiled, 138 Peanut butter, creamy, smooth, 2T, 118	Lentils, mature, boiled, 178 Peanuts, dry roasted, 2 oz., 202 Peanuts, oil roasted, 372 Soybeans, boiled, 211

<p>Grains & Cereals</p> <p>Portions: As stated</p>	<p>Bread, pita, 6 ½" diameter, one, 58 Bread, pumpernickel, 1 slice, 46 Bread, white, 1 slice, 24 Bread, whole wheat, 1 slice, 64 Corn flakes, 1 cup, 20 Crispy rice cereal, 1 cup, 31 Hominy grits, white, 1 oz., quick dry, 46</p>	<p>Bagel, plain, 3.7 oz., (4" diameter), 101 English muffin, plain, one, 2 oz., 76 Spaghetti, enr., 1 cup, 76 Raisin Bran, ½ cup, 125 Rice, white, long grain, enr., 1 cup, 68 Shredded wheat, 1 rectangular biscuit, 103 Wheat flour, white, enr., 1 cup, 135</p>	<p>Bran Cereal, 100%, 1/3 cup, 236 Corn flour, whole grain, 1 cup, 318 Cornmeal, whole grain, 1 cup, 294 Oatmeal, instant, 1 cup, 176 Rice, brown, 1 cup, 162 Wheat bran flakes, ¾ cup, 157 Wheat flour, whole wheat, 1 cup, 415</p>
<p>Snacks & Sweets</p> <p>Portions: As stated</p>	<p>Angel food cake, 1 oz., 9 Chestnuts, Chinese, boiled, 1 oz., 19 Cookies, shortbread, 4 Gelatin, dry mix, unsweetened, 1 oz. pkg., 11 Rice cake, (brown rice), .32 oz. cake, 32 Whipped topping, 1 T, <1</p>	<p>Cocoa, dry, prepared w/water, 1 pkt., 189 Macadamia nuts, dry roasted, 2 oz., 112 Popcorn, air popped, 3.5 cups, 85</p>	<p>Almonds, dry roasted, 2 oz., 278 Cashew, dry roasted, 2 oz., 278 Pecans, dry roasted, 2 oz., 278 Walnuts, black, dried, 2 oz., 290 Walnuts, English, 2 oz., 196</p>
<p>The U.S. Department of Agriculture's National Nutrient Database for Standard Reference (http://www.ars.usda.gov/ba/bhnrc/ndl), along with various other sources, was used in creating this guide. This guide is intended to assist you in following the advice of your physician and/or dietician. It is not intended to substitute for medical advice or instruction.</p>			