

Phosphorous Finder

Restrict to lower than 3000-4000mg per day



| | LOW PHOSPHOROUS all values are in milligrams (mg.) | HIGHER PHOSPHOROUS all values are in milligrams (mg.) | HIGHEST PHOSPHOROUS all values are in milligrams (mg.) |
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| MEAT & POULTRY 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 Beef, ground, 20% fat, pan-broiled, 174 Beef, chuck point roast, 184 Beef, eye round select, roasted, 178 Beef, top sirloin choice, broiled, 187 Chicken, 1/2 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 Pork, top loin chop, lean, fat, broiled, 202 Veal, leg & shoulder, lean, braised, 203 |
| SEAFOOD 3 oz. dry, cooked or as stated | Cod, Atlantic, 117 Grouper, 122 Oysters, Eastern, raw, cnd., 118 Oysters, Pacific, raw, 138 Scallops, breaded & fried, 2 large, 73 Shrimp, moist heat, 116 Tuna, light, cnd. 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, 185 Shrimp, cnd., 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, ckd., 218 Sole, 246; Swordfish, 286 Tuna, light, cnd. in oil, 264 |
| DAIRY & EGGS 3 oz. dry, cooked or 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, 1/2 cup, 72 Sherbet, orange, 1/2 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 1/2 cup, 152 Ice milk, soft serve, vanilla, 1 cone, 139 | Buttermilk, 1 cup, 218 Cheese, ricotta, part skim, 1/2 cup, 227 Milk, nonfat, 1 cup, 247 Milk, 1% lowfat, 1 cup, 234 Processed American Cheese, 1 oz., 211 Yogurt, low fat, plain, 1 cup, 327 Yogurt, non-fat, plain, 1 cup, 356 Yogurt, whole milk, plain, 1 cup, 216 |
| LEGUMES 1/2 cup cooked or as stated | Peanuts, boiled, 55 Peas, split, mature, boiled, 97 | Beans, black, mature, boiled, 121 Beans, fava, cnd., 101 Beans, kidney, mature, boiled, 126 Beans, lima, thin, immature, boiled, 111 Beans, pinto, boiled, 137 Beans, white, mature, cnd., 119 Black-eyed peas, mature, boiled, 134 Chickpeas, boiled, 138 Peanut butter, creamy, smooth, 2 T, 118 | Lentils, mature, boiled, 178 Peanuts, dry roasted, 2 oz., 202 Peanuts, oil roasted, 372 Soybeans, boiled, 211 |
| GRAINS & CEREALS portions as stated | Bread, pita, 6 1/2" 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 | Bagel, plain, 3.7 oz., (4" diam.), 101 English muffin, plain, one, 2 oz., 76 Spaghetti, enr., ckd., 1 cup, 76 Raisin Bran, 1/2 cup, 125 Rice, white, long grain, enr., ckd., 1 cup 68 Shredded wheat, 1 rectangular biscuit, 103 Wheat flour, white, enr., 1 cup, 135 | Bran Cereal, 100%, 1/3 cup, 236 Corn flour, whole grain, 1 cup, 318 Cornmeal, whole grain, 1 cup, 294 Oatmeal, inst. prep., 1 cup, 176 Rice, brown, ckd. 1 cup, 162 Wheat bran flakes, 3/4 cup, 157 Wheat flour, whole wheat, 1 cup, 415 |
| SNACKS & SWEETS portions as stated | Angel food cake, 1 oz., 9 Chestnuts, Chinese, boiled, 1 oz., 19 Cookies, shortbread, 4, (1 5/8" sq.) 36 Gealtin, dry mix, unsweetened, 1 oz. pkg., 11 Rice cake, (brown rice), .32 oz. cake, 32 Whipped topping, 1 T, <1 | Cocoa, dry, prep. w/ water, 1 pkt., 89 Macadamia nuts, dry roasted, 2 oz., 112 Popcorn, air popped, 3.5 cups, 85 | Almonds, dry roasted, 2 oz., 278 Cashews, dry roasted, 2 oz., 278 Pecans, dry roasted, 2 oz., 166 Walnuts, black, dried, 2 oz., 290 Walnuts, English, 2 oz., 196 |