

PHOSPHORUS FINDER

MEAT & POULTRY

3 oz. dry, cooked
or as stated



LOW PHOSPHORUS

all values are in milligrams (mg.)

Chicken, thigh w/o skin, roasted,
1.8 oz., 95
Duck, w/skin, roasted, 133
Pork, loin chop w/bone, lean,
fat, braised, 138

HIGHER PHOSPHORUS

all values are in milligrams (mg.)

Beef, ground, 5% fat, pan-broiled, 189
Beef, ground, 20% fat, pan-broiled,
174
Beef, chuck pot 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

HIGHEST PHOSPHORUS

all values are in milligrams (mg.)

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

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,
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
Gelatin, 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

