

If you have any questions, ask your dietitian or healthcare provider.

Phosphorus-Restricted Diet

The foods you eat are an important part of managing your health. Some health conditions can be made worse if you eat foods with too much phosphorus in them. **Your healthcare provider has let you know that you need to limit the amount of phosphorus you eat.** This guide will help you choose the right types and amounts of foods.

Low-phosphorus foods have less than 50 milligrams (mg) per serving.

Medium-phosphorus foods have 50 to 100 mg per serving.

High-phosphorus foods have more than 100 mg per serving.

Serving sizes

Knowing how much of a food is a serving will help you learn how much phosphorus is in it. Several servings of a low-phosphorus food can make it a high-phosphorus choice. You can use these size comparisons to help you estimate about how much of a food you are eating.

- 1 ounce = 4 dice
- 3 ounces = a deck of cards
- 1 teaspoon (tsp.) = 1 die
- 2 tablespoons (Tbsp.) = a ping pong ball
- 1 cup = a baseball
- 1/2 cup = 1/2 baseball
- 1/4 cup = 1 large egg

Phosphorus in common foods

The tables on the next few pages list many common foods that have high, medium and low amounts of phosphorus. Please note:

- The whole fruit listed is fresh (raw).
- Packaged cereals are listed without added milk.
- White rice, pasta, bread, and other foods made with white or corn flour may be lower in phosphorus. Brown rice, whole-grain bread, and other foods made with whole-wheat flour, oats, and bran are usually higher.
- Meat and fish are cooked with dry heat unless stated otherwise.
- Foods that are high in protein may also be high in phosphorus. This includes some types of dried beans, dairy foods, meat, fish and poultry.
- The milligrams of phosphorus in a food may vary depending on the brand or type of processing.

Fruit and Juice

Most medium-sized fruits and 1 cup servings of fruits or juices are usually less than 50 mg per serving.

Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Fruit (apple, banana, kiwi, orange, tangerine), medium	1	20						
Fruit (blueberries, blackberries, cherries, fruit cocktail, raspberries, strawberries)	1 cup	30						
Plain fruit juice	1 cup	20						

Vegetables (Not Starchy)

Most 1/2 cup servings of non-starchy vegetables (such as lettuce, peppers, cucumbers) are usually less than 50 mg per serving.

Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Beans (green, yellow, "string")	1/2 cup	20						
Broccoli, cooked, drained, chopped	1/2 cup	50						

Vegetables (Starchy)

Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Pumpkin, canned	1/2 cup	45	Corn, cooked	1/2 cup	60			
Squash, winter, baked, cubed	1/2 cup	20	Corn, small ear	1	70			
			Peas, frozen or canned	1/2 cup	60			
			Potatoes, mashed, with milk and margarine	1/2 cup	50			
			Sweet potato, baked, mashed	1/2 cup	55			

Bread, Cereal and Grain								
Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Bread (white, rye, pumpernickel)	1 slice	30-45	Bread, whole wheat	1 slice	70	Cereal (Cheerios®, bran flakes)	1 cup	130-180
Cereal (corn flakes, Corn Chex™, Rice Krispies®)	1 cup	30-40	Cereal (farina, Cream of Wheat®), cooked	1 cup	90	Granola (low-fat, natural with raisins, Quaker®)	1/2 cup	130
Grits, cooked	1 cup	40	Pasta, white (penne, farfalle, rotini, shells, spaghetti, macaroni), cooked	1 cup	70	Oatmeal, cooked	1 cup	180
				Rice, white, cooked	1 cup	70	Pasta, whole wheat (macaroni, penne, farfalle, rotini, shells, spaghetti), cooked	1 cup
						Quinoa, cooked	1 cup	280
						Rice, brown, cooked	1 cup	210
						Rice, wild, cooked	1 cup	130
Protein: Dairy and Non-Dairy Milk Products								
Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Almond milk, unenriched	1/2 cup	15	Cheese, parmesan, grated	2 Tbsp.	60	Buttermilk	1/2 cup	105
Cream cheese	1 ounce	30	Milk, evaporated	1 ounce	65	Yogurt, non-fat, with fruit	1/2 cup	145
Cream or non-dairy liquid creamer	2 Tbsp.	20	Rice milk, unenriched	1/2 cup	65	Yogurt, plain, skim milk	1/2 cup	190
			Soy milk	1/2 cup	75	Milk (whole, 2%, skim, chocolate)	1/2 cup	100-190
Cream, non-dairy powdered	1 tsp.	5	Milk, sweetened condensed	1 ounce	95		Cheese (cheddar, Swiss, provolone, mozzarella)	1 ounce
Sour cream	2 Tbsp.	20				Cheese (cottage, ricotta)	1/2 cup	170-195

Protein: Beans, Legumes, Nuts, Seeds								
Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Pumpkin seeds	1 ounce	25	Hummus	2 Tbsp.	55	Beans (lentils, soybeans)	1/2 cup	180-210
			Nuts (macadamia, pecans, hazelnuts, walnuts)	1/4 cup	65-100	Beans (lima, navy, white)	1/2 cup	100-130
			Tofu, firm	1 ounce	75	Nuts (peanuts, pistachio, cashews, almonds, mixed)	1/4 cup	135-170
			Nuts, Brazil				1/4 cup	240
			Peanut butter (chunky, smooth)				2 Tbsp.	105
			Sunflower seeds				1 ounce	325
			Veggie or soy burger patty				3 ounces	175
Protein: Meat, Poultry, Fish								
Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Egg white, large	2	10	Clam, small	3	90	Beef, roast or ground, 85% lean	3 ounces	180-200
Oyster, Eastern medium	1	10	Egg, large	1	85	Chicken, light or dark meat	3 ounces	180
			Beef hot dog	1	65	Crab, dungeness	3 ounces	150-240
			Orange roughy	3 ounces	85	Crab, king	3 ounces	240
			Oyster, Pacific medium	1	60-80	Fish (cod, snapper, tilapia)	3 ounces	120-170
			Sardine, small	1	60	Fish (haddock, halibut, perch, pollock, salmon, swordfish, tuna, walleye)	3 ounces	225-285
			Shrimp, large	4	60			
			Liver (beef, chicken)				3 ounces	375-430
			Lobster				3 ounces	155
			Pork (chops or tenderloin)				3 ounces	180-225
			Tuna, light, canned, drained				3 ounces	120
			Turkey, light or dark meat				3 ounces	190
			Veal				3 ounces	205

Other (Beverages, Sweets, Snacks)								
Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Beverage			Beverage					
Coffee, black, brewed	1 cup (8 oz.)	5	Beer, regular	12 ounces	60			
Cola-type beverages	12 ounces	35						
Non-cola beverages, all types (such as Sprite®, root beer)	12 ounces	0						
Tea (black or herbal)	1 cup (8 oz.)	2						
Wine (red or white)	1/2 cup	25						
Sweets/Snacks			Sweets/Snacks					
Candy, caramel	1	10	Brownie, 2-inch square	1	30-55	Ice cream, soft serve, frozen yogurt (chocolate, vanilla)	1/2 cup	100
Candy (hard, jelly beans)	10	1	Candy bar (milk or dark chocolate)	1 ounce	60-85			
Candy bar, white chocolate	1 ounce	50	Cocoa, dry powder	2 Tbsp.	80			
Cookie, medium (chocolate chip, sugar)	1	15	Nutella (chocolate-flavored hazelnut spread)	2 Tbsp.	55			
Gelatin/Jell-O®	1/2 cup	30	Pretzel twists	10	75			
Popsicle, fruit and juice bar	1	5	Pudding, chocolate, ready-to-eat	1/2 cup	65			
Popcorn (air or oil popped, regular, microwave)	1 cup	25						
Pudding, vanilla, ready-to-eat	1/2 cup	45						
Sherbet	1/2 cup	30						
Whipped topping, frozen, fat-free	1/2 cup	30						
Other								
Oils such as vegetable, canola, corn and peanut are very low in phosphorus.								