

*Talk with your
healthcare
provider if you
have questions
about your diet.*

Phosphorus Content of Foods

The foods you eat play an important part in helping you manage your health. Certain health conditions can be made worse by eating foods that contain too much phosphorus. **Your healthcare provider will let you know if you need to control your phosphorus intake.** This guide can help you choose the right types and amounts of foods to help you do so.

Low phosphorus foods have less than 50 mg per serving.

Medium phosphorus foods have 50–100 mg per serving.

High phosphorus foods have more than 100 mg per serving.

Please pay attention to serving sizes. Several servings of a **low** food can make it a **high** food.

Food table

The table below lists many common foods that have high, medium and low amounts of phosphorus. Please note that:

- Fruit is fresh (raw).
- Packaged cereals are listed without added milk.
- White rice, pasta, and other foods made with white or corn flour may be lower in phosphorus. Those made with whole wheat, oat or bran tend to be 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, meat, fish and poultry foods.
- Values (mg) may vary, depending on brand or processing.

You may use the following comparisons to help you gauge your serving portions. These are estimates only.

1 cup = a baseball	½ cup = ½ baseball	¼ cup = 1 large egg
1 ounce (oz.) = 4 dice	3 ounces (oz.) = a deck of cards	
1 teaspoon (tsp) = 1 die	2 tablespoons (T) = a ping pong ball	

Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312.926.3112.

The entities that come together as Northwestern Medicine are committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care, providing access to treatment and programs in a nondiscriminatory manner and eliminating healthcare disparities. For questions, please call either Northwestern Memorial Hospital's Patient Representatives Department at 312.926.3112, TDD/TTY 312.926.6363 or the Northwestern Medical Group Patient Representatives Department at 312.695.1100, TDD/TTY 312.926.6363.

Developed by: NMH Department of Clinical Nutrition

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Fruit and Juice								
<i>Most medium-sized fruits and 1 cup servings of fruits or juices are usually less than 50 mg per serving.</i>								
Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Fruit (apple, banana, kiwi, orange, tangerines)	1 med	20						
Fruit (blueberries, blackberries, cherries, fruit cocktail, raspberries, strawberries)	1 cup	30						
Fruit juice drinks	1 cup	20						
Vegetables (Non-starchy)								
<i>Most 1/2 cup servings of non-starchy vegetables (such as lettuce, peppers, cucumbers), are usually less than 50 mg per serving.</i>								
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, Grain								
Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Bread (white, rye, pumpernickel)	1 slice	30-45	Bread (whole wheat)	1 slice	70	Cereals (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	120-150
						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 T	60	Buttermilk	1/2 cup	105
Cream cheese	1 oz.	30	Milk, evaporated	1 oz.	65	Yogurt, non-fat, with fruit	1/2 cup	145
Cream or non-dairy liquid creamer	2 T	20	Rice milk, unenriched	1/2 cup	65	Yogurt, plain, skim milk	1/2 cup	190
Cream, non-dairy powdered	1 tsp	5	Soy milk	1/2 cup	75	Milk (whole, 2%, skim, chocolate)	1/2 cup	100-190
Sour cream	2 T	20	Milk, sweetened condensed	1 oz.	95	Cheese (cheddar, Swiss, provolone, mozzarella)	1 oz.	130-165
						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 oz.	25	Hummus	2 T	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 oz.	75	Nuts (peanuts, pistachio, cashews, almonds, mixed)	1/4 cup	135-170
						Nuts, Brazil	1/4 cup	240
						Peanut butter (chunky, smooth)	2 T	105
						Sunflower seeds	1 oz.	325
						Veggie or soy burgers	3 oz. patty	175
Protein: Meat, Poultry, Fish								
Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Egg white, large Oysters, raw, cooked, canned (Eastern)	2 1 medium	10 10	Clams, mollusks	3 small	90	Beef (roast, ground, 85% lean)	3 oz.	180-200
			Egg, large	1	85	Chicken (light, dark meat)	3 oz.	180
			Frankfurter/hot dog (beef)	1	65	Crab, dungeness	3 oz.	150-240
			Orange roughy	3 oz.	85	Crab, king	3 oz.	240
			Oysters, raw, cooked, canned (Pacific)	1 medium	60-80	Fish (cod, snapper, tilapia)	3 oz.	120-170
			Sardines	1 small	60	Fish (haddock, halibut, perch, pollock, salmon, swordfish, tuna, walleye)	3 oz.	225-285
			Shrimp, steamed, boiled, fried	4 large	60	Liver (beef, chicken, braised, pan-fried)	3 oz.	375-430
						Lobster	3 oz.	155
						Pork, chops, tenderloin	3 oz.	180-225
						Tuna, light, canned, drained	3 oz.	120
						Turkey (light, dark)	3 oz.	190
						Veal	3 oz.	205

Other (Beverages, Sweets, Snacks)								
Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Beverages			Beer, regular	12 oz.	60	Ice cream, soft serve, frozen yogurt (chocolate, vanilla)	1/2 cup	100
Coffee, black, brewed	1 cup (8 oz.)	5	Brownie, 2-inch square	1 square	30-55			
Cola-type beverages	12 oz.	35	Candy bar (milk, dark chocolate)	1 oz.	60-85			
Non-cola beverages, all types (such as Sprite®, root beer)	12 oz.	0	Cocoa, dry powder	2 T	80			
Tea (black or herbal)	1 cup (8 oz.)	2	Nutella (chocolate-flavored hazelnut spread)	2 T	55			
Wine (red or white)	1/2 cup	25	Pretzels	10 twists	75			
Sweets/Snacks			pudding, chocolate, ready- to-eat	1/2 cup	65			
Candy, caramels	1 piece	10						
Candy (hard, jelly beans)	10 pieces	1						
Candy bar, white chocolate	1 oz.	50						
Cookie, medium (chocolate chip, sugar)	1	15						
Gelatin/Jell-O®	1/2 cup	30						
Popsicle, fruit and juice bars	1 bar	5						
Sweets/Snacks								
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								
Oil (vegetable, canola, corn, peanut)	any	0						