

	LOW PHOSPHORUS	MODERATE PHOSPHORUS	HIGH PHOSPHORUS
	To 150 mg	151 to 200 mg	201 or more mg
Meat & Poultry 3oz dry, cooked or as stated	Beef, ground, extra lean, 137	Beef, chuck roast, 163 Beef, eye round, 177 Beef, sirloin steak, 186 Chicken, white, 185 Chicken, dark, 154 Lamb, kabobs, domestic, 190 Lamb, leg roast, domestic, 162 Lamb, leg roast, New Zealand, 186 Pork, fresh, loin ribs, 142 Turkey, white, 188 Turkey, dark, 157	Beef, bottom round, 217 Beefalo, 213 Pork, fresh, boneless loin chop, 203 Pork, fresh, leg roast, 224 Pork, fresh, spareribs, 192 Veal, cubes, stewed, 203 Veal, rib roast, 211
	Beef, Ground, Regular, 144 Duck Domestic, with skin, 133		
	To 150 mg	151 to 200 mg	201 or more mg
Fish 3oz, dry, cooked or as stated	Clams, raw, 144 Cod, Atlantic, 117 Oysters, Eastern, raw/canned, 118 Oysters, Pacific, raw, 138 Shrimp, Moist heat, 116	Catfish, breaded, fried, 183 Crab, blue, moist heat, 175 Crab, Dungeness, moist heat, 149 Cod, Pacific, 190 Lobster, moist heat, 157 Mussels, blue, raw, 168 Shrimp, breaded, fried, 185 Shrimp, canned, 198 Snapper, 171 Tuna, light, canned in water	Calamari, fried, 213 Clams, moist heat, 287 Crab, Alaskan, moist heat, 238 Flounder, 246 - Haddock, 205 Halibut, 242 Oysters, Eastern, Cooked, 236 Mussels, blue, cooked, 242 Salmon, canned, pink/red, 279 Salmon, fresh, cooked, 234 Scallops, breaded, fried, 203 Sole, 246 - Swordfish, 287 Tuna, white, canned, in oil, 227 Tuna, light in oil, 265
	To 100 mg	101 to 200 mg	201 or more mg
Dairy & Eggs Portions as stated	Butter, 1 tbsp, 3 Cheese, Brie, 1 oz, 53 Cheese, Feta, 1oz, 96 Cottage Cheese, nonfat, 1/2 cup, 76 Cream cheese, 1oz, 30 Cream, half and half, 1 tsp, 14 Egg white, 1 medium, 4 Egg Yolk, 1 medium, 86 Ice Cream, 10% fat, vanilla, 1/2 cup, 67 Sherbert, 1/2 cup, 98 Sour Cream, 1/2 cup, 98	Cheese, blue, 1 oz, 110 Cheese, cheddar, 1 oz, 145 Cheese, mozzarella, 1oz, 105 Cheese, provolone, 1oz, 141 Cheese, Swiss, 1oz, 171 Cottage Cheese, 4%, fat, 1/2 cup, 139 Cottage cheese, 2% fat, 1/2 cup, 170 Ice milk, soft serve, vanilla, 1/2 cup, 106	Buttermilk, 1 cup, 219 Cheese, parmesan, 1oz, 229 Cheese, ricotta, park skim, 1/2 cup, 226 Milk, evaporated skim, 1/2 cup, 248 Milk, nonfat, 1 cup, 247-275 Milk, 1% lowfat, 1 cup, 235-273 Milk, whole, 1 cup, 228 Process American Cheese, 1oz, 211 Yogurt, skim, 1 cup, 326 Yogurt, lowfat, 1 cup, 326 Yogurt, whole milk, 1 cup, 215
	To 100 mg	101 to 150 mg	151 or more mg
Legumes 1/2 cup cooked or as stated	Peas, split, 97 Peanuts, boiled, 63 Soy milk, 59	Beans, Black, 120 Beans, black turtle, 140 Beans, fava, 106 Beans, kidney, 125 Beans, lima, thick, 104 Beans, lima, thin 116 Beans, navy, 143 Beans, pinto, 136 Black-eyed peas, 134 Chickpeas, 137 Peanut Butter, 2 tbsp, 102 Tofu, raw, regular, 120	Beans, small, white, 152 Lentils, 178 Peanuts, dry roasted, 2 oz, 200 Peanuts, oil roasted, 2oz, 290 Soybeans, 211 Tofu, raw, firm, 239
	to 65mg	66 to 150 mg	151 or more mg
Grains & Cereals Portions as stated	Bagel, plain, 3 1/2" diameter, one, 46 barley, pearled, cooked, 1/2 cup, 43 Bread, pita, 6 1/2 diameter, one, 60 Bread, white, 1 slice, 27 Corn Flakes, 1 cup, 14 Couscous, cooked, 1/2 cup, 20 Crispy rice cereal, 1 cup, 31 Farina, cooked, 3/4 cup, 21 Hominy Grits, 1/2 cup, 15 Rice, white, cooked, 1/2 cup, 37	Bread, pumpernickel, 1 slice, 71 Bread whole wheat, 1 slice, 66 English muffin, plain, one, 67 Oakmeal, cooked, 1 packet, 133 Pasta, "al dente", 1 cup Raisin Bran, 1/2 cup, 124 Rice, brown, cooked, 1/2 cup, 81 Shredded wheat, 1 large biscuit, 86 Wheat flakes, 1 cup, 100 Wheat flour, white, 1 cup, 135	Bran Cereal, 100% 1/2 cup, 402 Corn flour, whole grain, 1 cup, 318 Cornmeal, while greain, 1 cup, 415 Wheat germ, plain, 1/4 cup, 324
Snacks & Sweets Portions as stated	Chesnuts, Chinese, canned 2 oz, 10 Cookies, Shortbread, 4 small, 39 Gelatin, water base, 1/3 cup, 23 Popcorn, air popped, 1 cup, 22 Rice cake, one, 34 Cool whip, 2 tbsp, 0	Angel food cake, 1/12, 91 Cocoa, dry, unsweetened, 2 tbsp, 74 Macadamia nuts, oil roast, 2 oz, 114	Almonds, oil/dry roaste, 2 oz 312 Cashews, dry roast, 2 oz, 278 Cashews, oil roast, 2oz, 242 Pecans, oil/dry roast, 2 oz, 170 Walnuts, black, 2 oz, 264 Walnuts, English, 2 oz 180