

PHOSPHOROUS (P) CONTENT OF COMMON FOODS

ITEM	AMOUNT	P (mg)
<u>Meat, poultry, fish</u>		
Beef	3 oz cooked	180-250
Pork	3 oz cooked	200-300
Chicken	3 oz cooked	180-220
Turkey	3 oz cooked	180-200
Fish	3 oz cooked	180-260
Shellfish	3 oz cooked	150-350
Egg	1 large	70
<u>Dairy products</u>		
Yogurt	6 oz	170
Cheese	1 oz	100-160
<u>Grains</u>		
Bran cereal	1 cup	180
Oats	1 cup cooked	180
Whole grain bread	1 slice	60-100
White bread	1 slice	20-30
Brown rice	1 cup cooked	150-200
White rice	1 cup cooked	70-90
Egg noodles	1 cup cooked	70-125
Rice noodles	1 cup cooked	35
Spaghetti/Macaroni	1 cup cooked	60-80
Crackers	5 squares	15
<u>Fruits and Vegetables</u>		
Fruits	1 medium or ½ cup	<30
Vegetables	1 cup cooked	50-100

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ITEM	AMOUNT	P (mg)
<u>Beverages</u>		
Beer	12 oz	42
Wine	5 oz	30
Tea	8 oz	<2
Coffee	8 oz	7
Milk	8 oz	245
Chocolate milk	8 oz	240
Soy milk	8 oz	126
Cola	8 oz	25
7-Up	8 oz	<3
Fruit juice	8 oz	<30
<u>Others</u>		
Dried Beans	½ cup cooked	125-200
Nuts	1 oz	100-150
Seeds	1 oz	>300
Tofu	3 oz	80
Oil	1 Tbsp	0
Sugar	1 Tbsp	0

1 cup= 8 oz

*Persons with kidney disease should limit their daily intake of phosphorous to less than 1,000 mg
Source: USDA Food Composition Database <https://ndb.nal.usda.gov/ndb/search/list>