

Phosphorus Restricted Diet

This is a guide to help you as you watch the amount of phosphorus you eat each day.

- The general guideline is to **limit** your intake of high phosphorus foods, and to choose acceptable phosphorus foods more often instead.
- Your provider may have a goal daily maximum of phosphorus intake per day, which is noted here: _____ milligrams (mg) phosphorus per day.
- Serving sizes of food are important. If you eat more than 1 serving size of foods that are low or moderate in phosphorus, you can end up eating a total higher amount of phosphorus
- Actual values may vary depending on the product or processing. You can also refer to food labels or other resources for actual values.

High Phosphorus Foods (more than 100 mg/serving): Limit/ Avoid

Breads/ Starches

Food	Serving Size	Phosphorus (mg)
Biscuit, 4"	1 each	140
Cereal, bran	½ cup	140-350
Granola	½ cup	150
Potato, baked with skin	1 medium	120
Oatmeal	½ cup	160
Tortillas, 6" CORN	2 each	120
Wheat germ	1 tbsp.	115
Waffle or pancake, 4"	1 each	120

Dairy

Food	Serving Size	Phosphorus (mg)
Cheese: America, cheddar, mozzarella, Swiss, provolone	1 oz.	150
Milk, condensed, sweetened	½ cup	390
Cheese, ricotta	½ cup	225
Cheese, cottage	½ cup	170
Milk, evaporated	½ cup	260
Milk, all kinds	1 cup	240
Milkshake	1 cup	260
Soy Milk	1 cup	130

Meat and Meat Alternatives

Food	Serving Size	Phosphorus (mg)
Almonds	1 oz.	140
Beef or veal, lean only	3 oz.	200
Chicken, white meat	3 oz.	200
Dried beans and peas, cooked or canned	½ cup	100-140
Fish: Pollock, walleye, swordfish, cod, halibut, salmon, tuna	3 oz.	200-280
Lentils	½ cup	180
Nuts, most varieties	1 oz.	100-130
Organ meats	1 oz.	125
Oysters	3 medium	180
Peanut/ nut butters	2 tbsp.	115
Pork, loin	3 oz.	200
Sardines	3 oz.	420
Shrimp or crab	3 oz.	110
Tuna, canned in water, drained	3 oz.	140
Turkey, light or dark	3 oz.	180

Low Phosphorus Foods (less than 100 mg/serving): Acceptable

Breads/ Starches

Food	Serving Size	Phosphorus (mg)
Bagel, 4 inch, egg	1 each	75
Cake	2 x 2 inch piece	90
Cookies, sandwich type	4 each	40
English muffin	1 large	50
Pasta or noodles, egg	½ cup	60
Sweet potato, baked with skin	1 medium	60
Bread, pumpernickel or rye	1 slice	45
Bread, white	1 slice	25
Cereal: rice or corn	1 cup	20
Cream of wheat or grits	½ cup	20
Popcorn, air popped	1 cup	30
Pretzels	1 oz.	30
Rice, white	½ cup	35
Spaghetti or macaroni	½ cup	40

Dairy

Food	Serving Size	Phosphorus (mg)
Cheese, parmesan	2 tbsp	90
Ice milk, ice cream, or frozen yogurt	½ cup	75
Cheese, cream	1 oz.	30
Creamer, non-dairy	1 oz.	20

Meat and Meat Alternatives

Food	Serving Size	Phosphorus (mg)
Bacon	2 slices	70
Beans, baked	½ cup	95
Eggs, whole	1 large	95
Fish, orange roughy	3 oz.	90
Frankfurter	1 each	100
Salami	1 oz.	65
Sausage, pork	1 oz.	40

Other Resources:

Please refer to the USDA National Nutrient Database for more detailed information on the potassium content of different foods.

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