

High Phosphorus Foods

BE IN | **TAKE**
THE KNOW. | CONTROL.

Dried Beans/
Peas, Nuts

Beans



Nuts



Peanut Butter



Grains and
Cereals

Biscuits (prepared)



Cornbread (mix, prepared)



Bran Cereal



Pancakes (dry mix, prepared)



Dairy

Cottage Cheese



Cheese



Milk



Ice Cream



Pudding



Yogurt



Desserts/
Beverages

Cake (mix, prepared)



Chocolate



Cola, Dr. Pepper



Chocolate Flavored Beverage



Prepared/
Processed Foods

Macaroni & Cheese



Pizza (meat and vegetable topping)



Hot Dog



Bologna



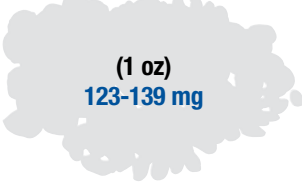
You may need to limit or avoid these foods. Check with your Dietitian regarding specific foods and portion sizes that are right for you.

Disclaimer: Pictures may not reflect actual phosphorus content as described.

Reference: U.S. Department of Agriculture, Agricultural Research Service. 2008. USDA National Nutrient Database for Standard Reference, Release 21. Nutrient Data Laboratory Home Page. Available at: <http://www.ars.usda.gov/ba/bhnrc/ndl>. Accessed June 9, 2009.

High Phosphorus Foods

BE IN THE KNOW. | TAKE CONTROL.

Dried Beans/ Peas, Nuts	Beans	Nuts	Peanut Butter			
	 <p>(1 cup) 194-356 mg</p> <p>(great northern, kidney, navy, pinto, lentils, split green peas, chickpeas - cooked)</p>	 <p>(1 oz) 123-139 mg</p> <p>(almonds, cashews-dry roasted, mixed, pistachios)</p>	 <p>(1 tbsp/3 tbsps) 57/171 mg</p> <p>(smooth style)</p>			
Grains and Cereals	Biscuits (prepared)	Cornbread (mix, prepared)	Bran Cereal	Pancakes (dry mix, prepared)		
	 <p>(4" biscuit) 166 mg</p>	 <p>(1 piece) 226 mg</p>	 <p>(1/2 cup) 345 mg</p> <p>(Kellogg's All Bran)</p>	 <p>(1 pancake/3 pancakes) 127/381 mg</p>		
Dairy	Cottage Cheese	Cheese	Milk	Ice Cream	Pudding	Yogurt
	 <p>(1 cup) 303 mg</p> <p>(1% milkfat)</p>	 <p>(1 oz) 141-216 mg</p> <p>(American, Cheddar, Mozzarella, Provolone, Swiss)</p>	 <p>(8 fl oz) 222-247 mg</p> <p>(skim, 1% milkfat, 2% milkfat, whole)</p>	 <p>(1/2 cup/1 cup) 69/138 mg</p> <p>(vanilla)</p>	 <p>1/2 cup 116 mg</p> <p>(vanilla, dry mix, prepared with milk)</p>	 <p>8 oz container 270-327 mg</p> <p>(fruit, plain - lowfat)</p>
Desserts/ Beverages	Cake (mix, prepared)	Chocolate	Cola, Dr. Pepper	Chocolate Flavored Beverage		
	 <p>1 piece 116 mg</p>	 <p>1 bar (1 cup) 108-222 mg</p> <p>(Milk chocolate with almonds, semisweet candies)</p>	 <p>12 fl oz 32-40 mg</p> <p>(contains caffeine)</p>	 <p>(1 cup) 234 mg</p> <p>(powder mix, prepared with whole milk)</p>		
Prepared/ Processed Foods	Macaroni & Cheese	Pizza (meat and vegetable topping)	Hot Dog	Bologna		
	 <p>(1 cup/2 cups) 118/236 mg</p>	 <p>(1 slice/2 slices) 143/286 mg</p> <p>(frozen, cooked)</p>	 <p>(1 sandwich) 97 mg</p> <p>(plain)</p>	 <p>(2 slices/4 slices) 92 mg/184 mg</p> <p>(beef and pork)</p>		