

Low Phosphorus Foods

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

Protein	Chicken*	Beef*	Fish*	Eggs*		
Grains and Cereals/Snacks	White Bread	Rice	Crackers	Rice/Corn Cereal		
Fruits and Vegetables	Apple/Apple Juice	Berries	Grapes	Cucumber	Carrots	Green Beans
Desserts/Snacks	Jelly Beans	Graham Crackers	Popcorn	Sherbet	Shortbread Cookies	
Beverages	Lemon-Lime Soda	Root Beer	Freshly Brewed Coffee, Tea			

These foods are good choices. 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.

*Although these foods may be higher in phosphorus, they are included as acceptable alternatives because they are good sources of protein.

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.

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Protein	Chicken*	Beef*	Fish*	Eggs*		
	 (1/2 breast) 196 mg	 (3 oz) 161-173 mg	 (3 oz baked) 184-235 mg	 (1 large) 86 mg		
	(no skin, cooked)	(ground or round, cooked)	(cod, salmon-cooked, tuna-white, canned)	(cooked, hard-boiled)		
Grains and Cereals/Snacks	White Bread	Rice	Crackers	Rice/Corn Cereal		
	 (1 slice, 4" pita) 21-58 mg	 (1 cup) 68 mg	 (4 crackers) 13-18 mg	 (1 cup) 10-83 mg		
	(white, French, Vienna, Italian, pita-white, English muffin)	(white-long grained regular, cooked)	[saltine (oyster, soda, soup), wheat]	(ready-to-eat, corn or rice)		
Fruits and Vegetables	Apple/Apple Juice	Berries	Grapes	Cucumber	Carrots	Green Beans
	 (1 apple) (1 cup) 15 mg 17 mg	 (1 cup) 17-40 mg	 (10 grapes) 10 mg	 (1 cup) 25 mg	 (1 carrot) 25 mg	 (1 cup cooked) 36 mg
	(raw with skin)	(raw)	(red or green, raw)		(peeled, raw)	
Desserts/Snacks	Jelly Beans	Graham Crackers	Popcorn	Sherbet	Shortbread Cookies	
	 (10 large) 1 mg	 (2 squares) 15 mg	 (1 cup) 29 mg	 (1/2 cup) 30 mg	 (1 cookie) 12 mg	
			(air popped)	(orange)		
Beverages	Lemon-Lime Soda	Root Beer	Freshly Brewed Coffee, Tea			
	 (12 fl oz) 0 mg	 (12 fl oz) 0 mg	 (6 fl oz) 2-5 mg			
	(no caffeine)					

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