



جامعة الإمام عبد الرحمن بن فيصل  
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي  
King Fahad Hospital The University

# Phosphor

## High phosphorus foods (More than 100 mg):

Food	Serving size	mg
<b>Meat</b>		
Sardines	85 gm	εΓ.
Fish: Pollock, walleye, swordfish, cod, halibut, salmon tuna	85 gm	ΓΛ.-Γ...
Beef or veal, retail cuts lean only	85 gm	Γ..
Chicken, white meat	85 gm	Γ..
Oysters	3 medium	ΙΛ.
Turkey, light or dark	85 gm	ΙΛ.
Tuna, canned in water, drained	85 gm	Ιξ.
Organ meats	28 gm	ΙΙ.
Shrimp or crab	85 gm	110



## High phosphorus foods (More than 100 mg):

Food	Serving size	mg
<b>Dairy products</b>		
Milk, condensed, sweetened	½ cup	39.
Yogurt, plain or fruited	170 gm	36.-22.
Milk, evaporated	½ cup	27.
Milkshake	1 cup	27.
Milk, all kinds	1 cup	28.
Cheese, ricotta	½ cup	220
Cheese, cottage	½ cup	17.
Cheese: cheddar, mozzarella, Swiss	28 gm	10.
Soy milk	1 cup	13.
Cream, light or half and half	½ cup	11.



## High phosphorus foods (More than 100 mg):

Food	Serving size	mg
<b>Beans</b>		
Soybeans	½ cup	71.
Lentil	½ cup	18.
Dried beans or peas, cooked/canned	½ cup	18.-1..
<b>Nuts</b>		
Seeds, sunflower or pumpkin	28 gm	38.
Almonds	28 gm	18.
Nuts, most varieties	28 gm	13.-1..
Peanut/nut butter	2 tbsp.	110



## High phosphorus foods (More than 100 mg):

Food	Serving size	mg
<b>Starch</b>		
Oatmeal	½ cup	17.
Granola	½ cup	10.
Cereal, bran	½ cup	30.-18.
Biscuits, 4"	1 each	140
Tortilla, 6" corn	2 each	120
<b>Other</b>		
Hot cocoa, prepared	177 ml	1..



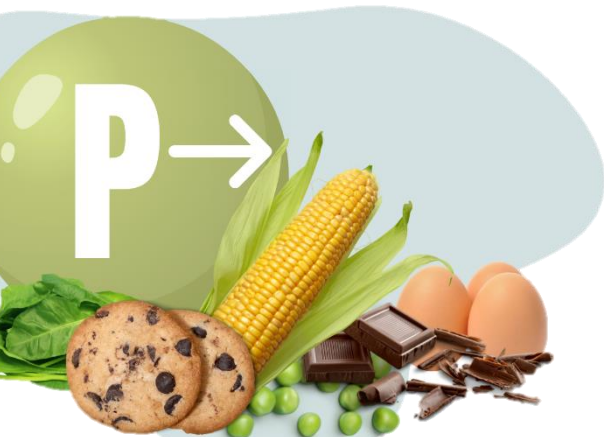
## Moderate phosphorus (50-100 mg):

Food	Serving size	mg
<b>Beans</b>		
Beans, baked	½ cup	70
Peas, green	½ cup	95
<b>Vegetables</b>		
Corn	½ cup	70
Mushrooms	½ cup	7.
Sweet potato, baked with skin	1 medium	7.
Spinach	½ cup	0.
Asparagus	½ cup	80



## Moderate phosphorus (50-100 mg):

Food	Serving size	mg
<b>Meat</b>		
Egg, whole, large	1 large	90
Fish, orange roughly	85 gm	9.
Salami	28 gm	70
<b>Dairy products</b>		
Cheese, parmesan	2 tbsp.	9.
Ice milk, ice cream or frozen yogurt	½ cup	70



## Moderate phosphorus (50-100 mg):

Food	Serving size	mg
<b>Starch</b>		
Oatmeal	½ cup	9.
Muffin	56 gm	Vo
Rice, brown or wild	½ cup	Vo
Granola bar, hard, plain	1 each	V.
<b>Others</b>		
Iced tea, canned	354 ml	90
Chocolate	42 gm	9.
Cookies, sandwich type	4 each	ξ.





## Low phosphorus (less than 50 mg):

Food	Serving size	mg
Starch		
Bread, pumpernickel or rye	1 slice	ε0
Spaghetti or macaroni	½ cup	ε .
Rice, white	½ cup	30
Popcorn, air popped	1 cup	3 .
Cereal, rice and corn	1 cup	20
Pretzels	28 gm	30
Bread, white	1 slice	25



## Low phosphorus (less than 50 mg):

Food	Serving size	mg
<b>Fruits</b>		
Fruits, most types	1 peace or ½ cup	<30
Fruit juices	½ cup	۳.-۱۰
<b>Others</b>		
Soda, cola or dark type	ml ۰35	۰.
Cheese, cream	28 gm	۳.
Coffee, brewed	177 ml	۰
Tea, black, brewed	177 ml	۱



### **Sources and References:**

- Academy of Nutrition and Dietetics , nutrition care manual 2021 – 2022
- All illustrations are used from Canva.com

### **Review and audit:**

The content of this booklet has been written reviewed by clinical nutrition specialists at King Fahad University Hospital.

**Clinical Nutrition Department**  
**Health Awareness Unit**  
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