

ESSENTIAL PHOSPHORUS REFERENCE CHART

Nutritional Values per 100g Serving

Food Item	Avg. mg
Pumpkin Seeds	1233mg
Hard Cheese	700mg
Brazil Nuts	725mg
Salmon	371mg
Lentils	180mg

Food Item	Avg. mg
Egg (1 large)	95mg
White Rice	43mg
Apple	11mg
Cauliflower	44mg
Blueberries	12mg

Group	Recommended Daily Allowance (RDA)
Adults (19+)	700 mg / day
Pregnancy/Lactation	700 mg / day
Teens (9-18)	1,250 mg / day

Values are approximate. Always consult with a healthcare professional or registered dietitian for personalized medical nutrition therapy.