

DIETARY PHOSPHORUS SOURCES

Reference guide for nutrient management

High Phosphorus (Limit)

Food Item	Avg. mg
Pumpkin Seeds (1oz)	330mg
Salmon (3oz)	250mg
Lentils (1/2 cup)	180mg
Yogurt (6oz)	245mg
Beef (3oz)	200mg
Dark Cola (12oz)	50mg*

Grains & Legumes

Quinoa (1/2 cup)	140mg
Pinto Beans (1/2 cup)	125mg
Brown Rice (1/2 cup)	100mg

Low Phosphorus (Preferred)

Food Item	Avg. mg
Egg Whites (2 large)	10mg
White Bread (1 slice)	30mg

Food Item	Avg. mg
Apples (1 medium)	20mg
Cabbage (1/2 cup)	15mg
Blueberries (1/2 cup)	10mg
White Rice (1/2 cup)	35mg

Beverages & Snacks

Rice Milk (1 cup)	20mg
Popcorn (1 cup)	25mg
Ginger Ale (12oz)	0mg

**Phosphorus in additives (processed foods/sodas) is absorbed at a higher rate (nearly 100%) than natural sources.*