

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.

 **Abbott**
A Promise for Life

High Phosphorus Foods

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Dried Beans/ Peas, Nuts

Beans

(1 cup)
194-356 mg

(great northern, kidney, navy, pinto, lentils, split green peas, chickpeas - cooked)

Nuts

(1 oz)
123-139 mg

(almonds, cashews-dry roasted, mixed, pistachios)

Peanut Butter

(1 tbsp/3 tbsp)
57/171 mg

(smooth style)

Grains and Cereals

Biscuits (prepared)

(4" biscuit)
166 mg

Cornbread (mix, prepared)

(1 piece)
226 mg

Bran Cereal

(1/2 cup)
345 mg

(Kellogg's All Bran)

Pancakes (dry mix, prepared)

(1 pancake/3 pancakes)
127/381 mg

Dairy

Cottage Cheese

(1 cup)
303 mg

(1% milkfat)

Cheese

(1 oz)
141-216 mg

(American, Cheddar, Mozzarella, Provolone, Swiss)

Milk

(8 fl oz)
222-247 mg

(skim, 1% milkfat, 2% milkfat, whole)

Ice Cream

(1/2 cup/1 cup)
69/138 mg

(vanilla)

Pudding

1/2 cup
116 mg

(vanilla, dry mix, prepared with milk)

Yogurt

8 oz container
270-327 mg

(fruit, plain - lowfat)

Desserts/ Beverages

Cake (mix, prepared)

1 piece
116 mg

Chocolate

1 bar (1 cup)
108-222 mg

(Milk chocolate with almonds, semisweet candies)

Cola, Dr. Pepper

12 fl oz
32-40 mg

(contains caffeine)

Chocolate Flavored Beverage

(1 cup)
234 mg

(powder mix, prepared with whole milk)

Prepared/ Processed Foods

Macaroni & Cheese

(1 cup/2 cups)
118/236 mg

Pizza (meat and vegetable topping)

(1 slice/2 slices)
143/286 mg

(frozen, cooked)

Hot Dog

(1 sandwich)
97 mg

(plain)

Bologna

(2 slices/4 slices)
92 mg/184 mg

(beef and pork)