

# Low Phosphorus Foods

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

## Protein

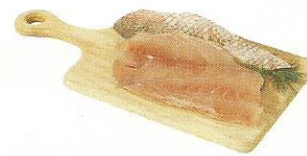
Chicken\*



Beef\*



Fish\*

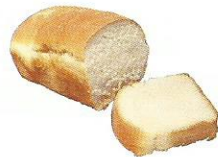


Eggs\*



## Grains and Cereals/Snacks

White Bread



Rice



Crackers



Rice/Corn Cereal



## Fruits and Vegetables

Apple/Apple Juice



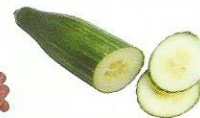
Berries



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/bhnr/nd/>. Accessed June 9, 2009.

# Low Phosphorus Foods

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## Protein

### Chicken\*

(1/2 breast)  
196 mg

(no skin, cooked)

### Beef\*

(3 oz)  
161-173 mg

(ground or round, cooked)

### Fish\*

(3 oz baked)  
184-235 mg

(cod, salmon-cooked,  
tuna-white, canned)

### Eggs\*

(1 large)  
86 mg

(cooked, hard-boiled)

## Grains and Cereals/Snacks

### White Bread

(1 slice, 4" pita)  
21-58 mg

(white, French, Vienna, Italian,  
pita-white, English muffin)

### Rice

(1 cup)  
68 mg

(white-long grained  
regular, cooked)

### Crackers

(4 crackers)  
13-18 mg

[saltine (oyster, soda,  
soup), wheat]

### Rice/Corn Cereal

(1 cup)  
10-83 mg

(ready-to-eat, corn or rice)

## Fruits and Vegetables

### Apple/Apple Juice

(1 apple) (1 cup)  
15 mg 17 mg

(raw with skin)

### Berries

(1 cup)  
17-40 mg

(raw)

### Grapes

(10 grapes)  
10 mg

(red or green, raw)

### Cucumber

(1 cup)  
25 mg

### Carrots

(1 carrot)  
25 mg

(peeled, raw)

### Green Beans

(1 cup cooked)  
36 mg

## Desserts/Snacks

### Jelly Beans

(10 large)  
1 mg

### Graham Crackers

(2 squares)  
15 mg

### Popcorn

(1 cup)  
29 mg

(air popped)

### Sherbet

(1/2 cup)  
30 mg

(orange)

### Shortbread Cookies

(1 cookie)  
12 mg

## Beverages

### Lemon-Lime Soda

(12 fl oz)  
0 mg

(no caffeine)

### Root Beer

(12 fl oz)  
0 mg

### Freshly Brewed Coffee, Tea

(6 fl oz)  
2-5 mg

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