



# Phosphorus in Your Diet

## Why is Phosphorus Important?

- Phosphorus is a mineral found in bones. It is needed to keep bones strong and healthy.
- Phosphorus also helps move muscles and make energy.
- Medications and treatments that you are getting may lower your body's phosphorus, so at times you may need to eat higher phosphorus foods.

## What to Look For on Food Labels

- Foods containing greater than 150 milligrams (mg) or greater than 15% of the Daily Value (DV) are **high in phosphorus**
- Foods containing 51-150 milligrams (mg) or 5-15% of the Daily Value (DV) are **medium high in phosphorus**
- Foods containing 0-50 mg or less than 5% of the Daily Value (DV) are **low in phosphorus**

## What Foods Contain Phosphorus?

	<i>High Phosphorus Foods</i>	<i>Medium Phosphorus Foods</i>	<i>Low Phosphorus Foods</i>
<b>Dairy</b>	<ul style="list-style-type: none"> <li>♦ Most cheeses</li> <li>♦ Custard</li> <li>♦ Cream soups</li> <li>♦ Yogurt</li> <li>♦ Pudding</li> </ul>	<ul style="list-style-type: none"> <li>♦ Feta cheese</li> <li>♦ Brie cheese</li> <li>♦ Half and Half cream</li> <li>♦ Cottage cheese</li> <li>♦ Ice cream</li> </ul>	<ul style="list-style-type: none"> <li>♦ Cream cheese</li> <li>♦ Sour cream</li> <li>♦ Margarine/butter</li> </ul>
<b>Meat</b>	<ul style="list-style-type: none"> <li>♦ Organ meats</li> <li>♦ Oysters</li> <li>♦ Sardines</li> <li>♦ Processed meats</li> <li>♦ Seafood</li> </ul>	<ul style="list-style-type: none"> <li>♦ Chicken, dark or white meat</li> <li>♦ Lamb</li> <li>♦ Turkey, dark or white meat</li> <li>♦ Clams</li> <li>♦ Eggs</li> </ul>	<ul style="list-style-type: none"> <li>♦ Extra lean ground beef</li> <li>♦ Frozen meat, fish, poultry</li> <li>♦ Duck</li> </ul>
<b>Vegetables &amp; Beans</b>	<ul style="list-style-type: none"> <li>♦ Corn</li> <li>♦ Avocado</li> <li>♦ Baked beans</li> <li>♦ Lentils</li> <li>♦ Chick peas</li> <li>♦ Mushrooms</li> <li>♦ Split peas</li> </ul>	<ul style="list-style-type: none"> <li>♦ Black beans</li> <li>♦ Pinto beans</li> <li>♦ Broccoli</li> <li>♦ Peas</li> <li>♦ Spinach</li> </ul>	<ul style="list-style-type: none"> <li>♦ Green beans</li> <li>♦ Cabbage</li> <li>♦ Carrots</li> <li>♦ Cauliflower</li> <li>♦ Eggplant</li> <li>♦ Summer squash</li> <li>♦ Bell pepper</li> <li>♦ Cucumber</li> <li>♦ Onion</li> <li>♦ Lettuce</li> <li>♦ Radishes</li> </ul>

	<i>High Phosphorus Foods</i>	<i>Medium Phosphorus Foods</i>	<i>Low Phosphorus Foods</i>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>♦ Dried apricots</li> <li>♦ Raisins</li> <li>♦ Prunes</li> <li>♦ Dried peaches</li> </ul>	<ul style="list-style-type: none"> <li>♦ Bananas</li> <li>♦ Peaches</li> <li>♦ Figs</li> <li>♦ Dates</li> </ul>	<ul style="list-style-type: none"> <li>♦ Apples</li> <li>♦ Berries</li> <li>♦ Grapes</li> <li>♦ Plums</li> <li>♦ Pineapple</li> <li>♦ Canned pears</li> <li>♦ Fruit cocktail</li> <li>♦ Grapefruit</li> </ul>
<b>Grains</b>	<ul style="list-style-type: none"> <li>♦ Bran cereals</li> <li>♦ Whole grains</li> <li>♦ Pancakes</li> <li>♦ Waffles</li> <li>♦ Biscuits</li> <li>♦ Brown or wild rice</li> </ul>	<ul style="list-style-type: none"> <li>♦ Pumpernickel bread</li> <li>♦ English muffin</li> <li>♦ Oatmeal</li> <li>♦ Flour tortilla</li> </ul>	<ul style="list-style-type: none"> <li>♦ Unsalted popcorn</li> <li>♦ Pretzels</li> <li>♦ Corn/rice cereals</li> <li>♦ Cream of wheat</li> <li>♦ White rice</li> <li>♦ White pasta</li> <li>♦ Couscous</li> <li>♦ French/Italian/white bread</li> <li>♦ Bagels</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>♦ Chocolate milk</li> <li>♦ Milk</li> <li>♦ Soy milk</li> <li>♦ Hot cocoa</li> <li>♦ Iced Tea</li> <li>♦ Dark colas</li> <li>♦ Beer</li> </ul>	<ul style="list-style-type: none"> <li>♦ Fruit punch</li> <li>♦ Strawberry melon drink</li> </ul>	<ul style="list-style-type: none"> <li>♦ Non-dairy creamers</li> <li>♦ Ginger ale</li> <li>♦ Lemon-lime soda</li> <li>♦ Cream soda</li> <li>♦ Cranberry juice</li> <li>♦ Hot apple cider</li> <li>♦ Lemonade</li> </ul>
<b>Other</b>	<ul style="list-style-type: none"> <li>♦ Chocolate</li> <li>♦ Wheat germ</li> <li>♦ Most nuts</li> <li>♦ Brewer's Yeast</li> <li>♦ Sesame seeds</li> <li>♦ Peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>♦ Chestnuts</li> <li>♦ Mayonnaise</li> <li>♦ Soy sauce</li> <li>♦ Caramel</li> <li>♦ Toffee</li> </ul>	<ul style="list-style-type: none"> <li>♦ Sugar cookies</li> <li>♦ Shortbread cookies</li> <li>♦ Vanilla wafers</li> <li>♦ Angel food cake</li> <li>♦ Jam/jelly</li> <li>♦ Honey</li> <li>♦ Popsicles</li> <li>♦ Jellybeans</li> <li>♦ Hard candy</li> <li>♦ Sherbet</li> </ul>