

# 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.

# High Phosphorus Foods

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Dried Beans/ Peas, Nuts	<b>Beans</b>	<b>Nuts</b>	<b>Peanut Butter</b>			
	 <p><b>(1 cup)</b> 194-356 mg</p> <p>(great northern, kidney, navy, pinto, lentils, split green peas, chickpeas - cooked)</p>	 <p><b>(1 oz)</b> 123-139 mg</p> <p>(almonds, cashews-dry roasted, mixed, pistachios)</p>	 <p><b>(1 tbsp/3 tbsps)</b> 57/171 mg</p> <p>(smooth style)</p>			
Grains and Cereals	<b>Biscuits</b> (prepared)	<b>Cornbread</b> (mix, prepared)	<b>Bran Cereal</b>	<b>Pancakes</b> (dry mix, prepared)		
	 <p><b>(4" biscuit)</b> 166 mg</p>	 <p><b>(1 piece)</b> 226 mg</p>	 <p><b>(1/2 cup)</b> 345 mg</p> <p>(Kellogg's All Bran)</p>	 <p><b>(1 pancake/3 pancakes)</b> 127/381 mg</p>		
Dairy	<b>Cottage Cheese</b>	<b>Cheese</b>	<b>Milk</b>	<b>Ice Cream</b>	<b>Pudding</b>	<b>Yogurt</b>
	 <p><b>(1 cup)</b> 303 mg</p> <p>(1% milkfat)</p>	 <p><b>(1 oz)</b> 141-216 mg</p> <p>(American, Cheddar, Mozzarella, Provolone, Swiss)</p>	 <p><b>(8 fl oz)</b> 222-247 mg</p> <p>(skim, 1% milkfat, 2% milkfat, whole)</p>	 <p><b>(1/2 cup/1 cup)</b> 69/138 mg</p> <p>(vanilla)</p>	 <p><b>1/2 cup</b> 116 mg</p> <p>(vanilla, dry mix, prepared with milk)</p>	 <p><b>8 oz container</b> 270-327 mg</p> <p>(fruit, plain - lowfat)</p>
Desserts/ Beverages	<b>Cake</b> (mix, prepared)	<b>Chocolate</b>	<b>Cola, Dr. Pepper</b>	<b>Chocolate Flavored Beverage</b>		
	 <p><b>1 piece</b> 116 mg</p>	 <p><b>1 bar (1 cup)</b> 108-222 mg</p> <p>(Milk chocolate with almonds, semisweet candies)</p>	 <p><b>12 fl oz</b> 32-40 mg</p> <p>(contains caffeine)</p>	 <p><b>(1 cup)</b> 234 mg</p> <p>(powder mix, prepared with whole milk)</p>		
Prepared/ Processed Foods	<b>Macaroni &amp; Cheese</b>	<b>Pizza</b> (meat and vegetable topping)	<b>Hot Dog</b>	<b>Bologna</b>		
	 <p><b>(1 cup/2 cups)</b> 118/236 mg</p>	 <p><b>(1 slice/2 slices)</b> 143/286 mg</p> <p>(frozen, cooked)</p>	 <p><b>(1 sandwich)</b> 97 mg</p> <p>(plain)</p>	 <p><b>(2 slices/4 slices)</b> 92 mg/184 mg</p> <p>(beef and pork)</p>		

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