



Phosphorous



Phosphorous works with calcium to build bone and your body works best when these minerals are in balance. Kidneys normally release extra phosphorus into the urine, so kidney disease can cause phosphorous build up in your blood that can weaken your bones and cause heart problems. When calcium and phosphorus are out of balance you may run the risk of bone tissue forming in your heart, liver, and blood vessels. Some common symptoms of high phosphorus include bone & joint pain, weakness, itching, bone weakness and red eyes. The following lists can help you to make lower phosphorus food choices.

Low <70mg

Food	Amount	Phosphorous
Banana	1 medium	24 mg
Orange	1 medium	18 mg
Cucumber	½ cup	11 mg
Carrots	½ cup	24 mg
White bread	1 slice	24 mg
Cornflakes	1 cup	14 mg
Graham crackers	4 crackers	29 mg
Rice milk	1 cup	34 mg
Sherbet	½ cup	38 mg
Peanut butter	1 Tbsp	55 mg
Salad dressings	1 Tbsp	5 or less mg

Medium 70-120mg

Food	Amount	Phosphorous
Avocado	1 medium	105 mg
Artichokes	1 medium	103 mg
Raisins	½ cup	71 mg
Refried beans	½ cup	109 mg
Cheerios	1 cup	100 mg
Cream of wheat	1 cup	100 mg
Soy milk	1 cup	120 mg
Blue cheese	1 oz	110 mg
Egg	1 medium	90 mg
Walnuts	1 oz	98 mg
Bean & cheese burrito	1 medium	90 mg
Cheese pizza	1 slice	113 mg

High >120 mg

Food	Amount	Phosphorous
Lentils	½ cup	178 mg
Raisin bran	1 cup	259 mg
Oat muffin	1 medium	424 mg
1% milk	1 cup	247 mg
Evaporated milk	1 cup	499 mg
Ricotta cheese	½ cup	225 mg
Pork loin	3 oz	200 mg
Salmon	3 oz	235 mg
Sardines w/bone	3 oz	420 mg
Chicken	3 oz	180 mg
Macaroni & cheese mix	1 cup	400 mg
Instant pudding, choc	½ cup	350 mg

