

PHOSPHORUS FINDER

Phoslo
Gel Caps
(Calcium Acetate)
687 mg

LOW PHOSPHORUS

HIGHER PHOSPHORUS

HIGHEST PHOSPHORUS

Meat & Poultry

3 ounces dry, cooked
or as stated



To 150 mg.

Beef, ground, extra lean, 137
Beef, ground, regular, 144
Duck, domestic, with skin, 133

151 to 200 mg.

Beef, chuck roast, 163
Beef, eye round, 177
Beef, sirloin steak, 186
Chicken, white, 185
Chicken, dark, 154
Lamb, kabobs, domestic, 190
Lamb, leg roast, domestic, 162
Lamb, leg roast, New Zealand, 186
Pork, fresh, loin ribs, 142
Turkey, white, 188
Turkey, dark, 157

201 or more mg.

Beef, bottom round, 217
Beefalo, 213
Pork, fresh, boneless loin chop, 203
Pork, fresh, leg roast, 224
Pork, fresh, spareribs, 192
Veal, cubes, stewed, 203
Veal, rib roast, 211

Fish

3 ounces dry, cooked
or as stated



To 150 mg.

Clams, raw, 144
Cod, Atlantic, 117
Grouper, 121
Oysters, Eastern, raw/canned, 118
Oysters, Pacific, raw, 138
Shrimp, moist heat, 116

151 to 200 mg.

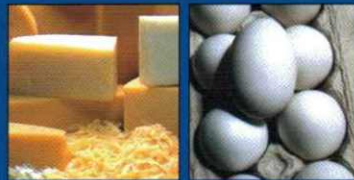
Catfish, breaded, fried, 183
Crab, blue, moist heat, 175
Crab, Dungeness, moist heat, 149
Cod, Pacific, 190
Lobster, moist heat, 157
Mussels, blue, raw, 168
Shrimp, breaded, fried, 185
Shrimp, canned, 198
Snapper, 171
Tuna, light, canned in water, 158

201 or more mg.

Calamari, fried, 213
Clams, moist heat, 287
Crab, Alaskan, moist heat, 238
Flounder 246, Haddock, 205, Halibut, 242
Oysters, Eastern, cooked, 236
Mussels, blue, cooked, 242
Salmon, canned, pink/red, 279
Salmon, fresh, cooked, 234
Scallops, breaded, fried, 203
Sole, 246, Swordfish, 287
Tuna, white, canned in oil, 227
Tuna, light, in oil, 265

Dairy & Eggs

Portions as stated



To 100 mg.

Butter, 1 tbsp., 3
Cheese, brie, 1 ounce, 53
Cheese, feta, 1 ounce, 96
Cottage cheese, nonfat, 1/2 cup, 76
Cream cheese, 1 ounce, 30
Cream, half & half, 1 tbsp., 14
Egg white, 1 medium, 4
Egg yolk, 1 medium, 86
Ice cream, 10% fat, vanilla, 1/2 cup, 67
Sherbert, 1/2 cup, 38
Sour cream, 1/2 cup, 98

101 to 200 mg.

Cheese, blue, 1 ounce, 110
Cheese, cheddar, 1 ounce, 145
Cheese, mozzarella, 1 ounce, 105
Cheese, provolone, 1 ounce, 141
Cheese, Swiss, 1 ounce, 171
Cottage cheese, 4% fat, 1/2 cup, 139
Cottage cheese, 2% fat, 1/2 cup, 170
Ice milk, soft serve, vanilla, 1/2 cup, 106

201 or more mg.

Buttermilk, 1 cup, 219
Cheese, parmesan, 1 ounce, 229
Cheese, ricotta, part skim, 1/2 cup, 226
Milk, evaporated skim, 1/2 cup, 248
Milk, nonfat, 1 cup, 247-275
Milk, 1% lowfat, 1 cup, 235-273
Milk, whole, 1 cup, 228
Process American Cheese, 1 ounce, 211
Yogurt, skim, 1 cup, 355
Yogurt, lowfat, 1 cup, 326
Yogurt, whole milk, 1 cup, 215

Legumes

1/2 cup cooked or
as stated



To 100 mg.

Peas, split, 97
Peanuts, boiled, 63
Soy milk, 59

101 to 150 mg.

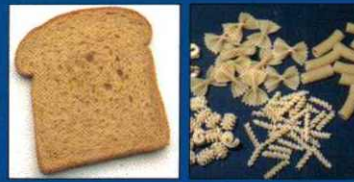
Beans, black, 120
Beans, black turtle, 140
Beans, fava, 106
Beans, kidney, 125
Beans, lima, thick, 104
Beans, lima, thin, 116
Beans, navy, 143
Beans, pinto, 136
Black-eyed peas, 134
Chickpeas, 137
Peanut butter, 2 tbsp., 102
Tofu, raw, regular, 120

151 or more mg.

Beans, small, white, 152
Lentils, 178
Peanuts, dry roasted, 2 ounces, 200
Peanuts, oil roasted, 2 ounces, 290
Soybeans, 211
Tofu, raw, firm, 239

Grains & Cereals

Portions as stated



To 65 mg.

Bagel, plain, 3 1/2" diameter, one, 46
Barley, pearled, cooked, 1/2 cup, 43
Bread, pita, 6 1/2" diameter, one, 60
Bread, white, 1 slice, 27
Corn flakes, 1 cup, 14
Couscous, cooked, 1/2 cup, 20
Crispy rice cereal, 1 cup, 31
Farina, cooked, 3/4 cup, 21
Hominy grits, 1/2 cup, 15
Rice, white, cooked, 1/2 cup, 37

66 to 150 mg.

Bread, pumpernickel, 1 slice, 71
Bread, whole wheat, 1 slice, 66
English muffin, plain, one, 67
Oatmeal, cooked, 1 packet, 133
Pasta, "al dente," 1 cup, 85
Raisin Bran, 1/2 cup, 124
Rice, brown, cooked, 1/2 cup, 81
Shredded wheat, 1 large biscuit, 86
Wheat flakes, 1 cup, 100
Wheat flour, white, 1 cup, 135

151 or more mg.

Bran cereal, 100%, 1/2 cup, 402
Corn flour, whole grain, 1 cup, 318
Cornmeal, whole grain, 1 cup, 294
Wheat flour, whole grain, 1 cup, 415
Wheat germ, plain, 9 1/4 cup, 324

Snacks & Sweets

Portions as stated



To 65 mg.

Chestnuts, Chinese, canned, 2 ounces, 10
Cookies, shortbread, 4 small, 39
Gelatin, water base, 1/2 cup, 23
Popcorn, air popped, 1 cup, 22
Rice cake, one, 34
Cool Whip, 2 tbsp., 0

66 to 150 mg.

Angel food cake, 1/12, 91
Cocoa, dry, unsweetened, 2 tbsp., 74
Macadamia nuts, oil roast, 2 ounces, 114

151 or more mg.

Almonds, oil/dry roast, 2 ounces, 312
Cashews, dry roast, 2 ounces, 278
Cashews, oil roast, 2 ounces, 242
Pecans, oil/dry roast, 2 ounces, 170
Walnuts, black, 2 ounces, 264
Walnuts, English, 2 ounces, 180

TIP: Please be sure to consult your professional about the need for phosphorus binders.