

Phosphorus

Phosphorus is a mineral that is found in your bones and teeth. It is also found in your muscles, blood, and other cells in the body. Phosphorus is involved with bone and teeth formation as well as kidney functioning, cell growth, and the contraction of the heart muscle. Things that can alter your phosphorus levels include changes in your kidney function or bowel movements (diarrhea or constipation), some medications, and the foods you eat. Your healthcare team may instruct you to increase or decrease foods that contain phosphorus for various reasons. Below is a list of foods that are high in phosphorus. The foods with the highest phosphorus content are listed first.

Please add: Peanut butter, 2 tbsp, 107 mg; Ice cream, ½ cup, 69; Oatmeal, quick oats, ½ cup, 183; Cheddar cheese, 1 oz, 129

Food	Serving Size	Milligrams (mg) per serving
Oat bran muffin	1 medium	424
Macaroni and cheese (mix)	1 cup	400
Yogurt, skim, plain	1 cup	356
Pudding, instant, chocolate	1/2 cup	350
Cream soup, made with milk	8 fl. Oz	275
Tuna, light in oil	3 oz	265
Raisin bran cereal	1 cup	259
Cocoa mix (with milk)	1 cup	255
Milk, 2%	1 cup	245
Salmon, fresh, cooked	3 oz	235
Beef, bottom round	3 oz	217
Refried beans	1 cup	217
Peanuts	2 oz	213
Ham	3 oz	210
Veal	3 oz	200
Pork (loin)	3 oz	200
Cod	3 oz	200
Lentils	1/2 cup	178
Northern beans	1/2 cup	146
Baked potato	1 medium	141
Baked beans	1/2 cup	132
Tofu	1 cup	120
Eggs	1 large	103

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.