The U.S. Department of Agriculture's National Nutrient Database for Standard Reference (http://www.ars.usda.gov/ba/bhnrc/ndl), along with various other sources, was used in creating this guide. This guide is intended to assist you in following the advice of your physician and/or dietician. It is not intended to substitute for medical advice or instruction.

### LOW PHOSPHORUS (all values are in milligrams (mg.))
- Chicken, thigh w/o skin, roasted, 1.8 oz., 95
- Duck, w/skin, roasted, 133
- Pork, loin chop w/bone, lean, fat, braised, 138

### HIGHER PHOSPHORUS (all values are in milligrams (mg.))
- Beef, ground, 5% fat, pan-broiled, 189
- Beef, ground, 20% fat, pan-broiled, 174
- Beef, chuck pot roast, 184
- Beef, eye round select, roasted, 178
- Beef, top sirloin choice, broiled, 187
- Chicken, 1/2 breast w/o skin, roasted, 196
- Turkey, breast w/skin, 184
- Turkey, dark meat w/skin, 162

### HIGHEST PHOSPHORUS (all values are in milligrams (mg.))
- Beef, bottom round, lean, roasted, 203
- Beefalo, roasted, 213
- Pork, spare ribs, lean, fat, broiled, 222
- Pork, leg, lean, roasted, 239
- Pork, top loin chop, lean, fat, broiled, 202
- Veal, leg & shoulder, lean, braised, 203

### DAIRY & EGGS
- Portions as stated

### MEAT & POULTRY
- 3 oz. dry, cooked or as stated

### SEAFOOD
- 3 oz. dry, cooked or as stated

### LEGUMES
- 1/2 cup cooked or as stated

### GRAINS & CEREALS
- Portions as stated

### SNACKS & SWEETS
- Portions as stated

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### Tuna, light, canned in water, 1/2 cup, 3 oz.
- Calamari, fried, 213
- Clams, moist heat, 287
- Crab, Alaskan, moist heat, 238
- Flounder, 246, Haddock, 205, Halibut, 242
- Mussels, blue, moist heat, 242
- Salmon, Atlantic wild, kid., 218
- Sole, 246, Swordfish, 286
- Tuna, light, canned in water, 1/2 cup, 139
- Tuna, light, canned in water, 1 oz., 58
- Tuna, light, canned in water, 2 oz., 101
Patient Information:

Medications:  Dosage Per Meal:  Dosage Per Snack:

Suggested Grocery List: