

High Phosphorus Foods

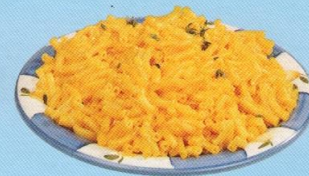
BE IN
THE KNOW.
TAKE
CONTROL.



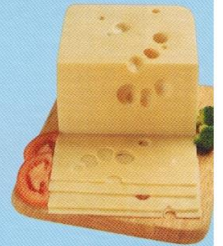
Biscuits (mix)



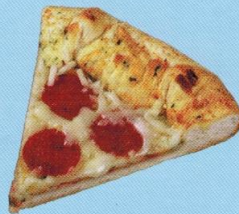
Nuts



Macaroni & Cheese



Cheese



Pizza



Cola



Chocolate



Cream Soups



Peanut Butter



Milk



Ice Cream



Pancakes (mix)



Pork & Beans



Hot Dogs & Sausages



Dried Beans & Peas



Yogurt & Pudding

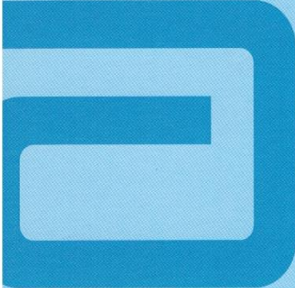


Liver & Organ Meats

You may need to limit or avoid these foods. Check with your Dietitian.

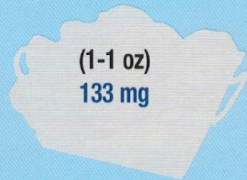
Reference: Pennington JAT, Douglass J.S. *Bowes and Church's Food Values of Portions Commonly Used*. 18th ed. Philadelphia: Lippincott, 2005

 **Abbott**
A Promise for Life



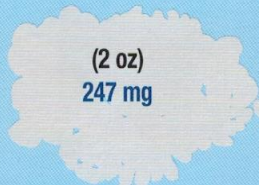
High Phosphorus Foods

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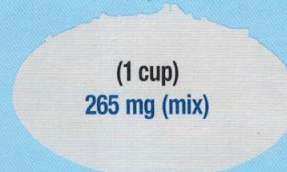
(1-1 oz)
133 mg

Biscuits (mix)



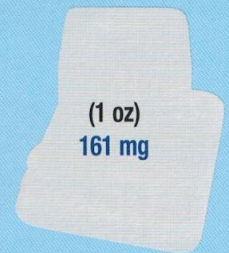
(2 oz)
247 mg

Nuts



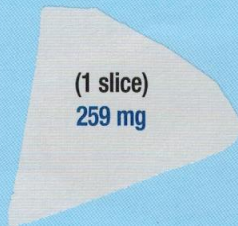
(1 cup)
265 mg (mix)

Macaroni & Cheese



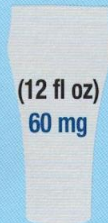
(1 oz)
161 mg

Cheese



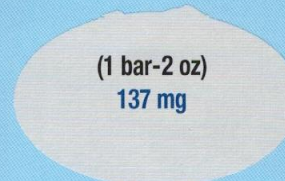
(1 slice)
259 mg

Pizza



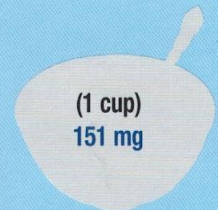
(12 fl oz)
60 mg

Cola



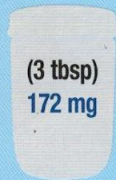
(1 bar-2 oz)
137 mg

Chocolate



(1 cup)
151 mg

Cream Soups



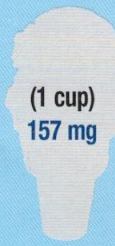
(3 tbsp)
172 mg

Peanut Butter



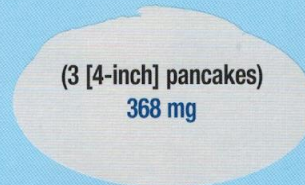
(8 fl oz)
276 mg

Milk



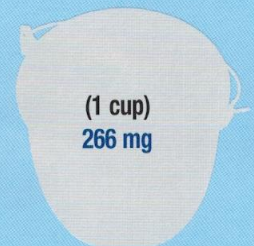
(1 cup)
157 mg

Ice Cream



(3 [4-inch] pancakes)
368 mg

Pancakes (mix)



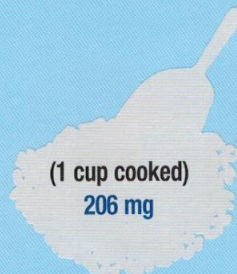
(1 cup)
266 mg

Pork & Beans



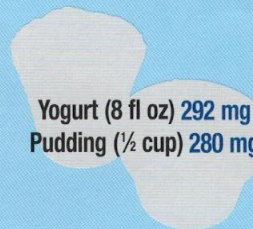
(2 hot dogs) 162 mg
(2 sausages) 220 mg

Hot Dogs & Sausages



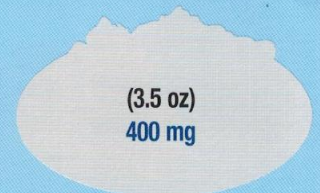
(1 cup cooked)
206 mg

Dried Beans & Peas



Yogurt (8 fl oz) 292 mg
Pudding (1/2 cup) 280 mg

Yogurt & Pudding



(3.5 oz)
400 mg

Liver & Organ Meats

Reference: USDA Nutrient Data Laboratory Standard References. Available at <http://www.nal.usda.gov/fnic/foodcomp/search>. Accessed December 9, 2005.