



# *The Phosphorus Finder*

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Patient Information:

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Medications:

Dosage Per Meal:

Dosage Per Snack:

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Suggested Grocery List:

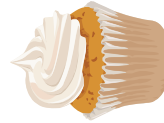
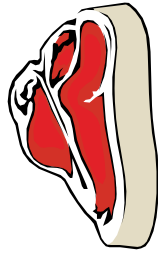
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<p><b>LOW PHOSPHORUS</b> all values are in milligrams (mg)</p>	<p><b>HIGHER PHOSPHORUS</b> all values are in milligrams (mg)</p>	<p><b>HIGHEST PHOSPHORUS</b> all values are in milligrams (mg)</p>
<p>Chicken, thigh w/o skin, roasted, 1.8 oz, 95 Duck, w/skin, roasted, 133 Pork, loin chop w/bone, lean, fat, braised, 138</p>	<p>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</p>	<p>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 &amp; shoulder, lean, braised, 203</p>
<p>Cod, Atlantic, 117 Grouper, 122 Oysters, Eastern, raw, cnd., 118 Oysters, Pacific, raw, 138 Scallops, breaded &amp; fried, 2 large, 73 Shrimp, moist heat, 116 Tuna, light, cnd. In water, 139</p>	<p>Catfish, breaded, fried, 184 Cod, Pacific, 190 Crab, blue, moist heat, 175 Lobster, northern, moist heat, 157 Mussels, blue, raw, 167 Shrimp, breaded, fried, 185 Shrimp, cnd., 198 Snapper, 171</p>	<p>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, ckd., 218 Sole, 246; Swordfish, 286 Tuna, light, cnd. In oil, 264</p>
<p>Butter, 1 T, 3 Cream cheese, 1 T, 15 Cream, Half &amp; Half, 1 T, 14 Egg white, 1 large, 4 Egg yolk, 1 large, 83 Ice cream, low/red. Calorie, vanilla, 1/2 cup, 72 Sherbet, orange, 1/2 cup, 30 Sour cream, fat free, 2 T, 37 Soy milk (dairy alternative), 4oz., 60</p>	<p>Cheese, blue, 1 oz., 110 Cheese, cheddar, 1 oz., 145 Cheese, mozzarella, whole milk, 1 oz., 105 Cheese, parmesan, hard, 1oz., 197 Cheese, provolone, 1 oz., 141 Cheese, Swiss, 1 oz., 172 Cottage cheese, 1% fat, 1/2 cup, 152 Ice milk, soft serve, vanilla, 1 cone, 139</p>	<p>Buttermilk, 1 cup, 218 Cheese, ricotta, part skim, 1/2 cup, 227 Milk, nonfat, 1 cup, 247 Milk, 1% lowfat, 1 cup, 234 Processed American Cheese, 1 oz., 211 Yogurt, low fat, plain, 1 cup, 327 Yogurt, non-fat, plain, 1 cup, 356 Yogurt, whole milk, plain, 1 cup, 216</p>
<p>Peanuts, broiled, 55 Peas, split, mature, broiled, 97</p>	<p>Beans, black, mature, broiled, 121 Beans, fava, cnd., 101 Beans, kidney, mature, broiled, 126 Beans, lima, thin, immature, broiled, 111 Beans, pinto, boiled, 137 Beans, white, mature, cnd., 119 Black-eyed peas, mature, boiled, 134 Chickpeas, boiled, 138 Peanut butter, creamy, smooth, 2 T, 118</p>	<p>Lentils, mature, boiled, 178 Peanuts, cry roasted, 2 oz., 202 Peanuts, oil roasted, 372 Soybeans, boiled, 211</p>
<p>Bread, pita, 6 1/2" diameter, one, 58 Bread, pumpnickel, 1 slice, 46 Bread, white, 1 slice, 24 Bread, whole wheat, 1 slice, 64 Corn flakes, 1 cup, 20 Crispy rice cereal, 1 cup, 31 Hominy grits, white, 1 oz., quick dry, 46</p>	<p>Bagel, plain, 3.7oz., (4" diam.), 101 English muffin, plain, one, 2 oz., 76 Spaghetti, enriched., cooked., 1 cup, 76 Raisin Bran, 1/2 cup, 125 Rice, white, long grain, enriched, ckd, 1 cup 68 Shredded wheat, 1 rectangular biscuit, 103 Wheat flour, white, enriched, 1 cup, 135</p>	<p>Bran Cereal, 100%, 1/3 cup, 236 Corn flour, whole grain, 1 cup, 318 Cornmeal, whole grain, 1 cup, 294 Oatmeal, inst. Prep., 1 cup, 294 Rice, brown, cooked, 1 cup 162 Wheat bran flakes, 3/4 cup, 157 Wheat flour, whole wheat, 1 cup, 415</p>
<p>Angel food cake, 1 oz., 9 Chestnuts, Chinese, boiled, 1 oz., 19 Cookies, shortbread, 4, (1 5/8" sq.), 36 Gelatin, dry mix, unsweetened, 1 oz., pkg., 11 Rice cake, (brown rice), .32oz. cake, 32 Whipped topping, 1 T, &lt;1</p>	<p>Cocoa, dry, prep. w/water, 1 pkt., 89 Macadamia nuts, dry roasted, 2 oz., 112 Popcorn, air popped, 3.5 cups, 85</p>	<p>Almonds, dry roasted, 2 oz., 278 Cashews, dry roasted, 2 oz., 278 Pecans, dry roasted, 2 oz., 166 Walnuts, black, dried, 2 oz., 290 Walnuts, English, 2 oz., 196</p>