

High Phosphorus Foods

Food	Serving (Imperial)	Serving (Metric)	Phosphorus Amount (mg)	% RDA (DV)
Yogurt, plain	6 oz	170 g	245	35%
Milk, 2%	1 cup	240 ml	226	32%
Salmon, Atlantic	3 oz	85 g	214	31%
Chicken breast, cooked	3 oz	85 g	182	26%
Lentils, cooked	1/2 cup	100 g	178	25%
Beef, steak	3 oz	85 g	200	29%
Cashews, dry roasted	1 oz	28 g	139	20%
Potato, Russet	1 medium	170 g	123	18%
Kidney beans, canned, drained	1/2 cup	90 g	115	16%
Rice, brown, cooked	1/2 cup	100 g	102	15%
Peas, green, cooked	1/2 cup	80 g	94	13%
Oatmeal, cooked	1/2 cup	120 g	90	13%
Egg, cooked	1 large	50 g	86	12%

Adult U.S.RDA (Recommend Dietary Allowance)

700 mg Male

700 mg Female