

# Low Phosphorous Foods

Food	Serving (Imperial)	Serving (Metric)	Phosphorous Amount (mg)	% RDA (DV)
Pineapple, Canned	2 rings	95	6	1%
Watermelon	1 cup	155	16	2%
Blueberries	1 cup	150	18	3%
Apple with skin	1 med	110	20	3%
Pear with skin	1 med	200	21	3%
Eggplant (aubergine), cooked	1 cup	100	24	3%
Strawberries	1 cup	155	30	4%
Grapes	1 cup	150	30	4%
Cherries, Sweet With Pits	1 cup	140	30	4%
Naval Orange	1 med	210	32	5%
Blackberries	1 cup	150	32	5%
Green Beans, Raw	1 cup	100	40	6%
Kale, Raw	1 cup	70	40	6%
Zucchini Squash, Raw	1 cup	113	42	6%
Asparagus, Raw	3 oz	85	45	6%
Cauliflower, Cooked	1 cup	110	50	7%
White pastas, cooked	1 cup	113	55	8%
Broccoli, Cooked	1 cup	100	67	10%
Broccoli, Raw	1 cup	100	67	10%
White breads and rolls	2.1 oz	60	70	10%
Cauliflower, Raw	1 cup	110	70	10%
Tuna, Light, canned in water	3 oz	85	165	24%
Ground Beef, Raw 80/20	4 oz.	113	180	26%
Chicken Breast Meat, Raw	4 oz.	113	240	34%
Sockeye Salmon, Raw	4 oz.	113	290	41%

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## **Adult U.S.RDA (Recommend Dietary Allowance)**

700 mg Healthy Male

700 mg Healthy Female

### **NOTE**

The U.S. RDA is for healthy adults. Adults with chronic kidney disease (CKD) may be unable to remove excessive phosphorous. In addition to high phosphorous foods like whole grains, legumes, milk, yogurt, cheese, and some meat and seafood, phosphates are added to prepared foods like deli meats and hot dogs.