

Phosphorus Foods

PER CALORIE

Vegetables

- brown mushrooms - 10900 g/2000 cal
- watercress - 10900 g/2000 cal
- portabella mushrooms - 9300 g/2000 cal
- broccoli raab - 6600 g/2000 cal
- celeriac - 5500 g/2000 cal
- zucchini - 4900 g/2000 cal
- asparagus - 4900 g/2000 cal
- spinach - 4800 g/2000 cal
- bok choy - 4800 g/2000 cal
- hearts of palm - 4600 g/2000 cal
- amaranth leaves - 4300 g/2000 cal
- mustard greens - 4300 g/2000 cal
- arugula - 4100 g/2000 cal
- coriander leaf - 4100 g/2000 cal
- chicory greens - 4100 g/2000 cal
- kimchi - 3800 g/2000 cal
- broccoli - 3800 g/2000 cal
- beet greens - 3700 g/2000 cal
- mung bean sprouts - 3600 g/2000 cal
- kale - 3600 g/2000 cal
- cauliflower - 3500 g/2000 cal
- radicchio - 3500 g/2000 cal
- lettuce - 3400 g/2000 cal
- kohlrabi - 3300 g/2000 cal
- chard - 3300 g/2000 cal
- endive - 3300 g/2000 cal
- parsley - 3200 g/2000 cal

- Brussels sprouts - 3200 g/2000 cal
- fennel bulb - 3200 g/2000 cal
- cucumber - 3100 g/2000 cal
- celery - 3000 g/2000 cal
- pumpkin - 2900 g/2000 cal
- dandelion greens - 2900 g/2000 cal
- okra - 2900 g/2000 cal

Beans, Legumes, Grains, Nuts & Seeds

- wheat bran - 9400 g/2000 cal
- oat bran - 6000 g/2000 cal
- hemp seeds - 5900 g/2000 cal
- pumpkin/squash seeds - 4100 g/2000 cal
- poppy seeds - 3300 g/2000 cal
- lentil sprouts - 3300 g/2000 cal
- mustard seed - 3300 g/2000 cal
- amaranth (dry) - 3000 g/2000 cal
- lentils - 2900 g/2000 cal
- bran flakes - 2900 g/2000 cal

Dairy

- cream cheese (fat-free) - 9900 g/2000 cal
- quark - 6100 g/2000 cal
- yogurt (non-fat) - 5600 g/2000 cal
- milk (skim) - 5100 g/2000 cal
- yogurt (low-fat) - 4600 g/2000 cal
- Greek yogurt (non-fat) - 4600 g/2000 cal

Meat

- beef liver - 5200 g/2000 cal
- chicken liver - 4800 g/2000 cal
- veal liver - 4800 g/2000 cal
- pork steak (extra lean) - 4300 g/2000 cal
- lamb kidney - 4200 g/2000 cal
- Canadian bacon - 4000 g/2000 cal
- buffalo - 4000 g/2000 cal
- beef kidney - 3800 g/2000 cal
- lamb liver - 3800 g/2000 cal
- turkey breast - 3700 g/2000 cal
- pork chops (sirloin) - 3400 g/2000 cal
- beef jerky (low fat) - 3400 g/2000 cal
- pork loin (lean) - 3400 g/2000 cal
- chicken breast (skinless) - 3400 g/2000 cal
- roast beef - 3400 g/2000 cal
- sirloin steak - 3300 g/2000 cal
- flank steak (fat not eaten) - 3300 g/2000 cal
- pork kidney - 3200 g/2000 cal
- top round steak - 3200 g/2000 cal
- ham rump (fat eaten) - 3200 g/2000 cal
- prosciutto - 3100 g/2000 cal
- bone broth - 3100 g/2000 cal
- beef heart - 3100 g/2000 cal
- pork liver - 2900 g/2000 cal
- ground beef (95% lean) - 2900 g/2000 cal
- venison - 2900 g/2000 cal
- goat meat - 2800 g/2000 cal

Seafood

- scallops - 7500 g/2000 cal
- sole - 7300 g/2000 cal
- hake - 7200 g/2000 cal
- flounder - 7200 g/2000 cal
- crayfish - 6600 g/2000 cal
- carp - 6600 g/2000 cal
- crab - 5600 g/2000 cal
- salmon (pink, canned) - 5500 g/2000 cal
- halibut - 5100 g/2000 cal
- whiting - 4900 g/2000 cal
- shrimp/prawns - 4900 g/2000 cal
- pollock - 4800 g/2000 cal
- clams - 4600 g/2000 cal
- haddock - 4300 g/2000 cal
- bass - 4100 g/2000 cal
- lobster - 4100 g/2000 cal
- oyster - 4000 g/2000 cal
- sea bass - 4000 g/2000 cal
- salmon (red sockeye) - 3900 g/2000 cal
- squid - 3900 g/2000 cal
- mackerel - 3900 g/2000 cal
- kingfish - 3600 g/2000 cal
- drumfish - 3600 g/2000 cal
- bream - 3500 g/2000 cal
- tuna - 3500 g/2000 cal
- catfish - 3400 g/2000 cal
- octopus - 3400 g/2000 cal
- trout - 3300 g/2000 cal
- mussels - 3200 g/2000 cal
- trout (smoked) - 3200 g/2000 cal
- salmon (chinook) - 3200 g/2000 cal
- tilapia - 3200 g/2000 cal