

Phosphorus Foods

PER SERVE

Meat

- turkey breast - 696 mg/serve
- ribeye filet (fat trimmed) - 564 mg/serve
- New York strip steak - 515 mg/serve
- T-Bone steak - 488 mg/serve
- top round steak - 484 mg/serve
- veal - 483 mg/serve
- ground beef (90% lean) - 473 mg/serve
- beef rib - 470 mg/serve
- porterhouse steak - 467 mg/serve
- skirt steak - 454 mg/serve
- sirloin steak (fat eaten) - 450 mg/serve
- buffalo - 434 mg/serve
- lamb chops - 430 mg/serve
- lamb roast (fat eaten) - 427 mg/serve
- pork chops (blade) - 420 mg/serve
- ribeye steak (fat eaten) - 408 mg/serve
- beef loin - 405 mg/serve
- venison - 396 mg/serve
- chicken breast (skinless) - 392 mg/serve
- pork roast - 391 mg/serve
- ground beef (75% lean) - 389 mg/serve
- roast beef - 385 mg/serve
- flank steak (fat not eaten) - 377 mg/serve
- sirloin steak - 376 mg/serve
- pork steak - 374 mg/serve
- ground beef (93% lean) - 369 mg/serve
- leg ham - 366 mg/serve
- ground chicken - 366 mg/serve
- pork ribs - 365 mg/serve
- pork loin (lean) - 360 mg/serve
- ground beef (95% lean) - 355 mg/serve
- pork steak (extra lean) - 350 mg/serve
- pork chops (loin) - 334 mg/serve
- duck - 325 mg/serve
- chicken thigh (skinless) - 322 mg/serve
- filet mignon - 321 mg/serve
- flank steak (fat eaten) - 321 mg/serve
- ground turkey (lean) - 317 mg/serve
- ground beef (97% lean) - 314 mg/serve
- rump steak - 303 mg/serve
- ground beef (85% lean) - 301 mg/serve
- chicken drumstick (skinless) - 292 mg/serve
- beef jerky (low fat) - 289 mg/serve
- chicken drumstick (with skin) - 285 mg/serve

Offal

- lamb liver - 545 mg/serve
- lamb heart - 502 mg/serve
- veal liver - 473 mg/serve
- beef liver - 439 mg/serve
- chicken liver - 386 mg/serve
- lamb kidney - 325 mg/serve
- pork heart - 301 mg/serve
- beef tongue - 234 mg/serve
- beef oxtail - 231 mg/serve
- pork liver - 211 mg/serve

Seafood

- carp - 1620 mg/serve
- hake - 646 mg/serve
- salmon (chinook) - 597 mg/serve
- trout - 581 mg/serve
- sardines - 542 mg/serve
- salmon (red sockeye) - 506 mg/serve
- drumfish - 450 mg/serve
- flounder - 445 mg/serve
- salmon (farmed) - 445 mg/serve
- salmon (pink, canned) - 443 mg/serve
- bream - 433 mg/serve
- whiting - 418 mg/serve
- halibut - 415 mg/serve
- pollock - 395 mg/serve
- catfish - 377 mg/serve
- haddock - 374 mg/serve
- salmon (Atlantic) - 355 mg/serve
- sole - 339 mg/serve
- trout (smoked) - 322 mg/serve
- sea bass - 321 mg/serve

Beans, Legumes, Nuts, Seeds & Grains

- buckwheat groats - 367 mg/serve
- kidney beans - 313 mg/serve
- pili nuts - 292 mg/serve
- oat bran - 287 mg/serve
- wheat bran - 262 mg/serve
- tofu - 252 mg/serve
- lentils - 245 mg/serve
- oatmeal (steel cut) - 221 mg/serve
- Ezekiel bread - 215 mg/serve

Dairy

- halloumi - 386 mg/serve
- goat cheese (hard) - 341 mg/serve
- Jarlsberg cheese - 276 mg/serve
- milk (skim) - 269 mg/serve
- Swiss cheese - 268 mg/serve
- cream cheese (fat-free) - 263 mg/serve
- quark - 259 mg/serve
- gouda cheese - 257 mg/serve
- Edam cheese - 250 mg/serve
- Greek yoghurt (whole milk) - 244 mg/serve
- paneer cheese - 241 mg/serve
- mozzarella (part-skim) - 240 mg/serve
- camembert cheese - 222 mg/serve
- gruyere cheese - 218 mg/serve
- mozzarella (whole milk) - 209 mg/serve
- cheddar cheese - 208 mg/serve
- Greek yogurt (non-fat) - 203 mg/serve