



## What Is Phosphorus?

Phosphorus helps my body use energy, and builds strong bones and teeth. But too much weakens my bones. If I keep my calcium and phosphorus levels in the safe range, the cycle won't start, and my bones can stay healthy. Safe ranges for my blood tests may be:

- Calcium: 8.4 to 10.0 mg/dL
- Phosphorus: 3.5 to 5.5 mg/dL
- Calcium-phosphorus product: less than 55
- Intact PTH: 150 to 300 pg/mL

I can keep my phosphorus in the safe range by taking my phosphate binders within 5 to 10 minutes of all meals and snacks, and by choosing lower phosphorus foods. I may need to limit my daily phosphorus intake to about 800 to 1,200 mg/day.

## Phosphorus in Foods

### Meat: Higher Phosphorus

- Beef roasts, steaks, ribs 3 oz (136-231 mg)
- Beef liver, pan-fried, 3 oz (412 mg)
- Chicken breast, roasted, ½ breast (210 mg)
- Crab 3 oz, cooked (109-240 mg)
- Cod 3 oz, baked (117-190 mg)
- Pork chops, ribs, roasts, 3 oz (166-242 mg)
- Turkey breast, roasted, 3 oz (178 mg)

### Meat: Lower Phosphorus

- Bacon, 1 oz (40 mg – watch the sodium)
- Beef tongue 3 oz (123 mg)
- Beef tripe 3 oz (56 mg)
- Chicken thigh, 1 leg (91-108 mg)

- Egg (96 mg per egg)
- Ground beef 3 oz patty (165 mg)
- Pork chitterlings 3 oz (56 mg –may be high in sodium)
- Pork feet, fresh 3 oz (70 mg)
- Shrimp 3 oz, cooked (116 mg)

### Dairy: Higher Phosphorus

- Hot chocolate (with milk) 8 oz (262 mg)
- Eggnog 8 oz (277 mg)
- Cultured buttermilk, reduced fat 8 oz (201 mg)
- Chocolate milk 8 oz (252 mg)
- Swiss cheese 1 oz (159 mg)
- Yogurt, whole, plain 6 oz (162 mg)
- Cheddar cheese 1 oz (143 mg)

### Dairy: Lower phosphorus

- 1% fat milk 4 oz (116 mg)
- 2% fat milk 4 oz (138 mg)
- Whole milk 4 oz (111 mg)
- Mozzarella 1 oz (115 mg)
- Goat cheese 1 oz (105 mg)
- Cream cheese 2 tbsp (32 mg)

### Other

- Beer 12 oz (50 mg)
- White or red wine 3.5 oz (19-24 mg)
- Cola drinks 12 oz (41-62 mg)
- Chocolate —milk 3 oz (174 mg)

Source: Bowes & Church's *Food Values of Portions Commonly Used* (19th Edition) by Jean A. T. Pennington and Judith Spungen, 2010.

