

# Western Kentucky Kidney Specialists, dba

## High Phosphorus Foods

### Beans and Nuts

<u>Beans</u> (great northern, kidney, navy, pinto, lentils, split green peas, chickpeas – cooked)	(1 cup) 194-356 mg
<u>Nuts</u> (almonds, cashews-dry roasted, mixed, pistachios)	(1 oz) 123-139 mg
<u>Peanut Butter</u> (smooth style)	(1 tbsp/3 tbsp) 57/171 mg

### Grains and Cereals

<u>Biscuits</u> (prepared)	(4" biscuit) 166 mg
<u>Cornbread</u> (mix, prepared)	(1 piece) 226 mg
<u>Bran Cereal</u> (Kellogg's All Bran)	(1/2 cup) 345 mg
<u>Pancakes</u> (dry mix, prepared)	(1 to 3 pancakes) 127/381 mg

### Dairy

<u>Cottage Cheese</u> (1% milkfat)	(1 cup) 303 mg
<u>Cheese</u> (American, Cheddar, Mozzarella, Provolone, Swiss)	(1 oz) 141-216 mg
<u>Milk</u> (skim, 1% milkfat, 2% milkfat, whole)	(8 fl oz) 222-247 mg
<u>Ice Cream</u> (vanilla)	(1/2 cup/1 cup) 69/138 mg
<u>Pudding</u> (vanilla, dry mix, prepared with milk)	(1/2 cup) 116 mg
<u>Yogurt</u> (fruit, plain-low fat)	(8 oz container) 270-327 mg

### Desserts and Beverages

<u>Cake</u> (mix, prepared)	(1 piece) 116 mg
<u>Chocolate</u> (milk chocolate with almonds, semisweet candies)	(1 bar – 1 cup) 108-222 mg
<u>Cola, Dr. Pepper</u> (contains caffeine)	(12 Fl oz) 32-40 mg
<u>Chocolate Flavored Beverage</u> (powder mix, Prepared with whole milk)	(1 cup) 234 mg

### Prepared and Processed Foods

<u>Macaroni &amp; Cheese</u>	(1 cup/2 cups) 118/236 mg
<u>Pizza</u> (meat & vegetable topping; frozen, cooked)	(1 slice/2 slices) 143/286 mg
<u>Hot Dog</u> (plain)	(1 sandwich) 97 mg
<u>Bologna</u> (beef and pork)	(2 slices/4 slices) 92 mg/184 mg