

Top 10 Foods Highest in Phosphorus

Phosphorus is an essential nutrient required for proper cell functioning, regulation of calcium, strong bones and teeth, and for making ATP (adenosine triphosphate) a molecule which provides energy to our cells. A deficiency in phosphorus can lead to lowered appetite, anemia, muscle pain, improper bone formation (rickets), numbness, and weakened immune system. Phosphorus is found in almost every food, and as such, deficiency is rare. Conversely consuming too much phosphorus causes the body to send calcium from the bones to the blood in an attempt to restore balance. This transfer of calcium weakens bones, and can cause calcification of internal organs, increasing risk of heart attack and other vascular diseases. Some scientific research suggests that phosphorus is more easily absorbed from meat products,⁴ and you can only absorb half of the phosphorus contained in plant foods. The amount of phosphorus absorbed differs from person to person, and as HealthAliciousNess.com considers nutrients from plant sources to be optimal for health, the plant sources of phosphorus are still listed here and recommended. The DV (Daily Value) for phosphorus is 1000mg. **Below is a list of high phosphorus foods by common serving size, for more, see the extended lists of [high phosphorus foods by nutrient density](#), and [phosphorus rich foods](#).**



#1: Seeds (Pumpkin & Squash)

Phosphorus in 100g	Per cup (129g)	Per ounce (28g)
1233mg (123% DV)	1591mg (159% DV)	345mg (35% DV)

Other Seeds High in Phosphorus (%DV per ounce): Sunflower Seeds (32%), Chia Seeds (24%), Sesame Seed (22%), Watermelon Seeds (21%), and Flaxseeds (18%). [Click to see complete nutrition facts.](#)



#2: Cheese (Romano)

Phosphorus in 100g	Per package (142g)	Per ounce (28g)
760mg (76% DV)	1079mg (108% DV)	213mg (21% DV)

Other Types of Cheese High in Phosphorus (%DV per ounce): Parmesan (23%), Goat Cheese (20%), Nonfat Mozzarella (18%), Gruyere and Swiss (17%), Gouda, Edam and Nonfat Cream Cheese (15%). [Click to see complete](#)

[nutrition facts.](#)



#3: Fish (Salmon)

Phosphorous in 100g	Per 1/2 Fillet (154g)	Per 3oz (85g)
371mg (37% DV)	571mg (57% DV)	315mg (32% DV)

Other Fish High in Phosphorous (%DV per 3oz Cooked): Carp (45%), American Shad (30%), Whitefish and Cod (29%), Tuna (28%), and Mackerel (27%). [Click to see complete nutrition facts.](#)



#4: Shellfish (Scallops)

Phosphorous in 100g (Cooked)	Per 3oz (85g)	Per ounce (28g)
426mg (43% DV)	362mg (36% DV)	121mg (12% DV)

Other Shellfish High in Phosphorous (%DV per 3oz Cooked): Clams (29%), Shrimp (26%), Mussels and Crabs (24%). [Click to see complete nutrition facts.](#)



#5: Nuts (Brazil)

Phosphorous in 100g	Per cup (133g)	Per ounce (28g)
725mg (73% DV)	964mg (96% DV)	203mg (20% DV)

Other Nuts High in Phosphorous (%DV per ounce): Pine Nuts (16%), Almonds and Cashews (14%), and Pistachios (13%). [Click to see complete nutrition facts.](#)



#6: Pork (Lean Sirloin)

Phosphorous in 100g	Per roast (638g)	Per 3oz (85g)
311mg (31% DV)	1984mg (198% DV)	264mg (26% DV)

A Lean Pork Chop (180g) provides (55%) DV. [Click to see complete nutrition facts.](#)



#7: Beef & Veal (Lean Beef)

Phosphorous in 100g	Per piece (283g)	Per 3oz (85g)
286mg (29% DV)	809mg (81% DV)	243mg (24% DV)

Veal leg provides (25%) per 3oz of phosphorus. [Click to see complete nutrition facts.](#)



#8: Low Fat Dairy (Nonfat Yogurt)

Phosphorous 100g	Per cup (245g)	Per container (227g)
157mg (16% DV)	385mg (38% DV)	356mg (36% DV)

1 cup of Nonfat Milk provides 25% DV of phosphorus. [Click to see complete nutrition facts.](#)

#9: Soya Foods (Tofu)



Phosphorous in 100g	Per 3oz (85g)	Per ounce (28g)
287mg (29% DV)	241mg (24% DV)	80mg (8% DV)

Soybeans (Edamame) are Also High in Phosphorous: providing (18%) DV per ounce. [Click to see complete nutrition facts.](#)



#10: Beans & Lentils (Lentils)

Phosphorous in 100g	Per cup (198g)	Per tablespoon (12g)
180mg (18% DV)	356mg (36% DV)	22mg (2% DV)

Other Beans and Lentils High in Phosphorous (%DV per cup cooked): Adzuki (39%), Yellow Beans (32%), White Beans (30%), Chickpeas and Black Turtle Beans (28%), Pinto and Kidney Beans (25%). [Click to see complete nutrition facts.](#)

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Top 10 High Phosphorus Foods by Nutrient Density (Phosphorus per Gram)

#1: Seeds (Pumpkin)	1233mg (123% DV) per 100 grams	345mg (35% DV) per ounce (28 grams)	Click to see complete nutrition fact for Seeds
#2: Spices (Ground Mustard Seed)	828mg (83% DV) per 100 grams	17mg (2% DV) per teaspoon (2 grams)	Click to see complete nutrition fact for Spices
#3: Cheese (Parmesan)	807mg (81% DV) per 100 grams	40mg (4% DV) per tablespoon (5 grams)	Click to see complete nutrition fact for Cheese
	725mg (73% DV) per	203mg (20% DV) per	Click to see complete nutrition fact

#4: Nuts (Brazil)	100 grams	ounce (28 grams)	Click to see complete nutrition facts for Nuts
#5: Cocoa Powder	734mg (73% DV) per 100 grams	37mg (4% DV) per tablespoon (5 grams)	Click to see complete nutrition facts for Cocoa Powder
#6: Edamame (Soybeans)	649mg (65% DV) per 100 grams	182mg (18% DV) per ounce (28 grams)	Click to see complete nutrition facts for Edamame
#7: Baker's Yeast	637mg (64% DV) per 100 grams	26mg (3% DV) per teaspoon (4 grams)	Click to see complete nutrition facts for Baker's Yeast
#8: Bacon	533mg (53% DV) per 100 grams	43mg (4% DV) per slice (8 grams)	Click to see complete nutrition facts for Bacon
#9: Liver (Beef)	497mg (50% DV) per 100 grams	338mg (34% DV) per slice (68 grams)	Click to see complete nutrition facts for Liver
#10: Canned Sardines	490mg (49% DV) per 100 grams	451mg (45% DV) per can (92 grams)	Click to see complete nutrition facts for Canned Sardines

Other Phosphorus Rich Foods

Bran (Not well absorbed)*	1677mg (168% DV) per 100 gram serving	1426mg (144% DV) per cup (118 grams)		Click to see complete nutrition facts for Bran
Wheat Germ (Not well absorbed)*	1146mg (115% DV) per 100 gram serving	1295mg (129% DV) per cup (113 grams)		Click to see complete nutrition facts for Toasted Wheat Germ
Fortified Cereals**	1150mg (115% DV) per 100 gram serving	1426mg (144% DV) in 2 cups (124 grams)	713mg (72% DV) per cup (62 grams)	Click to see complete nutrition facts for Fortified Cereals
Poppy Seeds	849mg (85% DV) per 100 gram serving	76mg (8% DV) per tablespoon (9 grams)	25mg (3% DV) per teaspoon (3 grams)	Click to see complete nutrition facts for Poppy Seeds
Cocoa Powder	734mg (73% DV) per 100 gram serving	631mg (63% DV) per cup (86 grams)	37mg (4% DV) per tablespoon (5 grams)	Click to see complete nutrition facts for Cocoa Powder
Baking Powder	6869mg (687% DV) per 100 gram serving	344mg (34% DV) per teaspoon (5 grams)	206mg (21% DV) per 1/2 teaspoon (3 grams)	Click to see complete nutrition facts for Baking Powder
Whey Powder	932mg (93% DV) per 100 gram serving	1351mg (135% DV) per cup (145 grams)	75mg (7% DV) per tablespoon (8 grams)	Click to see complete nutrition facts for Whey Powder
Caviar	356mg (36% DV) per 100 gram serving	100mg (10% DV) per ounce (28 grams)	57mg (6% DV) per tablespoon (16 grams)	Click to see complete nutrition facts for Caviar
	266mg (27% DV) per	442mg (44% DV) per	74mg (8% DV) per	Click to see complete nutrition facts

Tempeh	100 gram serving	cup (166 grams)	ounce (28 grams)	facts for Tempeh
Sun Dried Tomatoes	356mg (36% DV) per 100 gram serving	192mg (19% DV) per cup (54 grams)	7mg (1% DV) per piece (2 grams)	Click to see complete nutrition facts for Sun Dried Tomatoes
Ham (Lean)	322mg (32% DV) per 100 gram serving	274mg (27% DV) per 3oz (85 grams)	892mg (89% DV) per piece (277 grams)	Click to see complete nutrition facts for Ham
Rice Cakes (Brown)	360mg (36% DV) per 100 gram serving	65mg (6% DV) per 2 cakes (18 grams)	32mg (3% DV) per cake (9 grams)	Click to see complete nutrition facts for Brown Rice Cakes
Popcorn	358mg (36% DV) per 100 gram serving	29mg (3% DV) per cup (8 grams)	100mg (10% DV) per ounce (28 grams)	Click to see complete nutrition facts for Popcorn
Watercress	60mg (6% DV) per 100 gram serving	20mg (2% DV) per cup chopped (34 grams)	15mg (2% DV) per 10 sprigs (25 grams)	Click to see complete nutrition facts for Watercress
Shiitake Mushrooms (Dried)	294mg (29% DV) per 100 gram serving	44mg (4% DV) per 4 mushrooms (15 grams)	12mg (1% DV) per mushroom (4 grams)	Click to see complete nutrition facts for Shiitake Mushrooms
Portabella Mushrooms	108mg (11% DV) per 100 gram serving	93mg (9% DV) per cup, diced (86 grams)	91 mg (9% DV) per mushroom (84 grams)	Click to see complete nutrition facts for Portabella Mushroom
White Mushrooms (Cooked)	105mg (11% DV) per 100 gram serving	113 mg (11% DV) per cup, sliced (108 grams)		Click to see complete nutrition facts for White Mushrooms
Tortilla Chips	318mg (32% DV) per 100 gram serving	89mg (9% DV) per ounce (28 grams)		Click to see complete nutrition facts for Tortilla Chips
Buckwheat (Cooked)	319mg (32% DV) per 100 gram serving	523mg (52% DV) per cup (164 grams)		Click to see complete nutrition facts for Buckwheat
Peanut Butter	369mg (37% DV) per 100 gram serving	133mg (13% DV) per 2 tablespoons (36 grams)		Click to see complete nutrition facts for Peanut Butter

*While bran and germ (the components of whole grains) are high in phosphorus, they are in a storage form called phytin, which is not absorbed.^{Ref}

**Amount of phosphorus may vary greatly between products. Be sure to check nutrition labels for the exact amount of phosphorus for each individual product.

For more high phosphorus foods use the [nutrient ranking tool](#).

People at Risk of a Phosphorus Deficiency

- **Alcoholics** - Alcohol can draw phosphorus supplies from the bones, lowering overall levels.³
- **People Taking Salt Substitutes** - Salt substitutes which contain potassium may reduce phosphorus levels in

the long term.³

- **Long distance athletes** - People who exercise over long distances lose electrolytes via sweat and need to replenish their [sodium](#), [potassium](#), [magnesium](#), and [phosphorus](#) levels.
- **Dehydration** - People who consume excess alcohol, or suffer diarrhea, or can be otherwise dehydrated need to replenish their [sodium](#), [potassium](#), [magnesium](#), and [phosphorus](#) levels.
- **Drugs which may Lower Phosphorus Levels³**
 - **Antacids** - Antacids with aluminum, calcium, or magnesium, can hamper phosphorus absorption in the digestive system.
 - **Anticonvulsants** - Anticonvulsants, such as phenobarbital and carbamazepine or Tegretol, can lower levels of phosphorus in the body, and create enzymes which hamper absorption.
 - **Bile Acid Sequestrants** - Bile acid sequestrants used to lower cholesterol can prevent phosphorus from being absorbed by the body.
 - **Corticosteroids** - Corticosteroids, such as prednisone or methylprednisolone (Medrol), can increase excretion of phosphorus in urine.
 - **Insulin** - Insulin in high doses may lower phosphorus absorption.
 - **ACE Inhibitors (Blood Pressure Medication)** - ACE Inhibitors such as Benazepril (Lotensin), Captopril (Capoten), Enalapril (Vasotec), Fosinopril (Monopril), Lisinopril (Zestril, Prinivil), Quinapril (Accupril), and Ramipril (Altace) may lower levels of phosphorus.
 - **Cyclosporine (Immune Suppressant)**
 - **Cardiac Glycosides (Digoxin or Lanoxin)**
 - **Heparins (Blood-thinning Drugs)**
 - **Non-Steroidal Anti-Inflammatory Drugs (ie: Ibuprofen or Advil)**

Recipes High in Phosphorus

[How to Cook Oatmeal \(Oats\)](#)

[How to Cook Rye](#)

[Blackberry Salad](#)

Warnings

- Cheese, Bacon, and Whole Milk are [high cholesterol foods](#) which should be eaten in moderate amounts or avoided by people at risk of heart disease or stroke.
- Pumpkin and Squash Seeds, Sunflower Seeds, Sesame Seeds, Flax Seeds, Cheese, and Nuts are [high calorie foods](#) and should be eaten in moderate amounts by people with a [high body mass index](#).
- People with kidney failure should regulate their intake of phosphorus foods, and avoid phosphorus foods if their level is high. Normal phosphorus levels range between 3.5 to 5.5 mg/dL. The [National Kidney Foundation](#) can provide more guidance on kidney failure and phosphorus foods.

Buy Phosphorus Foods

Parmesan cheese, Sesame Seeds, Almonds, Flax Seeds, Brazil Nuts.

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Don Atkinson · 2 years ago

I have to limit my phosphorus intake. Is white rice high or low in phosphorus?

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JP · a year ago

My Partner has been feeling very low in energy and had pain in his lower back. After a blood test we found out he has Moderate Kidney Disease. He's afraid of turning Diabetic (not in family history) and turning into a sour - no fun in life - person, by not eating and/drinking anything that is nice or fun. He said he also needs to get rid of the 'little tube', (over weight), that's been growing around his middle. After I read these articles and comments, I really think he's throwing out, the baby with the bath-water. Still, if possible can you please advise on what foods to avoid completely and what to dig into I would really appreciate your help as he says - rather prevent kidney failure and/or becoming diabetic, than getting diagnosed with either! Thanks so much, so long. JP.

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