



Dietary Management of Phosphorus

Phosphorus is the second most abundant mineral in the body. Along with calcium, it keeps our bones and teeth strong, helps filter waste in the kidneys and plays an essential role in how the body stores and uses energy. Certain diseases or medications can cause the body to lose phosphorus, so eating foods rich in phosphorus is encouraged to replace this loss. For adults, the Dietary Recommended Intake for Phosphorus is 700 mg/day. This can be achieved by drinking three 8 ounce cups of milk each day.

If you are taking a calcium supplement, do not take it with meals as this can make your phosphorus level lower. Take the calcium either between meals or before bed.

Foods high in phosphorus

>200 mg phosphorus per serving

Protein foods: 3 ounces lean beef, lean veal, sardines or white meat chicken, 2 ounces organ meat (beef or chicken liver), 1 ounce sunflower or pumpkin seeds, ½ cup of soybeans

Dairy foods: ½ cup sweet, condensed milk or evaporated milk, 1 cup milk (fat-free to whole) or milk shake, 6 ounces yogurt

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Ask your doctor or nurse for an appointment with a registered dietitian,
or call (877) 907-0859

100-199 mg phosphorus per serving

Protein foods: Beans, cheese, peanut butter, nuts, egg yolks, tuna, oysters, carp, crawfish, flounder, sardines, fish roe, beef or chicken liver, salmon, organ meats.

Beverages: hot cocoa

Breads, Cereals, Starches: Bran cereals, oatmeal, biscuits, homemade waffles, pancakes, macaroni and cheese, pizza.

Fruits and Vegetables: Baked and dried beans, artichokes, broccoli, Brussels sprouts, butternut squash, parsnips, corn, peas, mushrooms, dates or prunes.

Other: Wheat germ, caramels, baking powder, cream based soups.

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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