

Foods highest in

Phosphorus

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a

2000 mg

nominal daily value.

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Toasted Wheat Bran	33%	819	1.8	50	Sprouted radish seeds	13%	355	8.2	233
Watercress	27%	2843	32.1	909	Chicken, liver	13%	983	3.0	86
Rice bran	27%	600	1.1	32	Basil	13%	1751	13.1	370
Portabella mushrooms	25%	593	13.6	385	Boston lettuce	13%	1299	27.1	769
Wheat bran, crude	23%	677	1.6	46	Cocoa, dry powder	13%	212	1.2	33
All-Bran with fiber	23%	1098	1.8	52	Fiber One	13%	519	1.8	50
Italian (Crimini) mushrooms	22%	606	13.1	370	Northern pike	13%	365	4.0	114
All-Bran Original	22%	1025	1.4	38	Scallops	12%	316	4.0	114
White mushrooms	20%	629	16.0	455	Enoki mushrooms	12%	270	8.0	227
Gelatin desserts, dry mix	19%	108	1.0	29	Whiting	12%	377	3.0	86
Oyster mushrooms	17%	429	10.1	286	Swiss chard	12%	2849	18.6	526
Broccoli raab	17%	1267	16.0	455	Pollock	12%	441	3.8	109
Balsam-pear (bitter gourd)	17%	1072	11.8	333	Garden cress	12%	1639	11.0	313
Whey, acid	16%	147	14.7	417	Summer squash	12%	546	22.0	625
Sprouted alfalfa seeds	15%	496	15.3	435	Zucchini	12%	553	22.0	625
Farm-raised crayfish	15%	383	4.9	139	Pink salmon, canned	12%	548	2.5	72
Toasted wheat germ	15%	521	0.9	26	Broccoli stalks	12%	764	12.6	357
Coffee, brewed	15%	1132	352.7	10000	Wheat germ, crude	12%	416	1.0	28
Oat bran	15%	330	1.4	41	Caribou liver	12%	568	2.9	82
Catfish	14%	316	3.4	95	Soy protein isolate	11%	331	1.0	30
Beef liver	14%	1808	2.6	74	Mussels	11%	777	4.1	116
Cheese Spread, Velveeta	14%	-12	1.2	33	Clams	11%	1591	4.8	135
Chinese cabbage (bok choy)	14%	1749	27.1	769	Ling	11%	361	4.1	115
POST 100% BRAN	14%	320	1.2	35	Milk 1% with vitamin A	11%	206	8.4	238
Yogurt, fat free	14%	213	6.3	179	Pumpkin/squash seeds	11%	187	0.7	19
Chicken Broth 1% fat	14%	17	88.2	2500	Hot dogs, fat free	11%	8	4.8	137
Purslane	14%	855	22.0	625	Perch	11%	380	3.9	110
Fortified skim milk	14%	263	8.6	244	Bamboo shoots	11%	393	13.1	370
Veal liver	14%	2093	2.5	71	Swordfish	11%	388	2.9	83
Non-fat dry milk w vit A	13%	218	1.0	28	Haddock	11%	365	3.1	89
Whey, sweet, dried	13%	122	1.0	28	Pork liver	11%	1241	2.6	75
Crab	13%	590	4.1	115	Dill weed, dried	11%	458	1.4	40
Monkfish	13%	334	4.6	132	Spinach	11%	2601	15.3	435

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Coriander (cilantro) leaves	10%	1762	15.3	435	Fresh tuna	9%	509	1.9	54
Asparagus	10%	586	14.1	400	Parmesan cheese	9%	124	0.9	26
Arugula	10%	825	14.1	400	Romaine lettuce	9%	1566	20.7	588
Swamp cabbage	10%	1506	18.6	526	Grouper	9%	360	3.8	109
Chicory greens	10%	1726	15.3	435	Cauliflower	9%	566	14.1	400
Striped bass	10%	436	3.6	103	Red leaf lettuce	9%	1603	22.0	625
Okra	10%	671	11.4	323	Tofu, firm	9%	277	5.0	143
Flounder	10%	386	3.9	110	Coriander leaf, dried	9%	913	1.3	36
Halibut	10%	389	3.2	91	Caraway seeds	9%	254	1.1	30
Coffee, instant, decaf	10%	351	176.4	5000	Whey, sweet	9%	107	13.1	370
All-Bran Buds	10%	874	1.4	40	Kohlrabi	9%	510	13.1	370
Oysters	10%	2266	5.2	147	Complete Wheat Bran	8%	1194	1.1	31
Wild rabbit	10%	236	3.1	88	Soybeans	8%	264	0.8	24
Romano cheese	10%	108	0.9	26	Pumpkin	8%	857	13.6	385
Dried basil	10%	866	1.4	40	Parmesan cheese, grated	8%	118	0.8	23
Tilefish	10%	396	3.7	104	Spinach, canned	8%	1280	18.6	526
Broccoli	10%	748	10.4	294	Ham	8%	297	2.6	74
Chicken broth, condensed	10%	74	11.4	323	Deer meat	8%	364	2.9	83
Chia seeds, dried	10%	109	0.7	20	Dolphinfish	8%	377	4.1	118
Shrimp	10%	382	3.3	94	Lambquarters, raw	8%	1219	8.2	233
Chives	10%	1205	11.8	333	Sprouted soybeans, cooked	8%	296	4.4	123
Green leaf lettuce	10%	1957	23.5	667	Beef broth,from cube	8%	-584	117.6	3333
Mackerel, canned	10%	458	2.3	64	Mustard greens	8%	2403	13.6	385
Artichokes	10%	293	7.5	213	Endive	8%	1482	20.7	588
Lotus seeds raw	9%	156	4.0	112	Chicken, light meat	8%	315	3.1	88
Lotus seeds, dried	9%	156	1.1	30	Sprouted lentils	8%	231	3.3	94
Milk 2% with vitamin A	9%	162	7.1	200	Beef tip round, lean, choice	8%	295	2.7	77
Chicken broth w sodium	9%	116	22.0	625	Fennel bulbs	8%	254	11.4	323
Beet greens	9%	1964	16.0	455	Goat cheese	8%	93	0.8	22
Cottage cheese, 1% fat	9%	227	4.9	139	Parsley	8%	2925	9.8	278
Bluefish	9%	421	2.8	81	Rutabagas	8%	251	9.8	278
Mozzarella cheese, skim	9%	136	1.4	39	Goat milk	8%	97	5.1	145
Sprouted mung beans	9%	395	11.8	333	Brussels sprouts	8%	692	8.2	233
Trout	9%	370	2.4	67	Lobster	8%	417	3.9	111
Mustard seed	9%	222	0.8	21	Cucumber	8%	264	23.5	667
Seaweed, wakame	9%	562	7.8	222	Poppy seed	8%	192	0.7	19
Turkey, light meat	9%	317	3.1	87	Yellow mustard	8%	298	5.3	149
Soyburger	9%	171	1.8	52	Beef, top sirloin lean	8%	289	2.7	76

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Chicken gizzards	8%	100	3.8	106	Spearmint, fresh	7%	838	8.0	227
Tuna, canned in oil	8%	279	1.8	51	Sprouted pinto beans, cooked	7%	299	16.0	455
Yogurt, plain, whole milk	8%	104	5.8	164	Hot cocoa, homemade	7%	107	4.6	130
Dill weed	8%	1166	8.2	233	Watermelon seeds, dried	7%	120	0.6	18
Gouda cheese	8%	97	1.0	28	Oats	7%	165	0.9	26
Pork chops, lean boneless	8%	288	2.5	71	Sprouted soybeans	7%	271	2.9	82
Whole milk 3.25% fat	8%	123	5.9	167	Beef round, 1/4" fat	7%	242	1.8	52
Sprouted pinto beans	8%	334	5.7	161	Egg, whole	7%	123	2.5	70
Dove, Squab	8%	114	1.6	46	Peas	7%	285	4.4	123
Evaporated milk	8%	83	2.6	75	Sprouted mung beans, cooked	7%	397	16.8	476
Sprouted lentils, cooked	8%	222	3.5	99	Tomatoes, ripe	7%	416	19.6	556
Celery	8%	422	22.0	625	Cumin seed	7%	279	0.9	27
Coffee, instant, regular	8%	232	176.4	5000	Anchovies	7%	450	2.7	76
Durum wheat	7%	177	1.0	29	Ricotta cheese, skim	7%	139	2.6	72
Tofu, extra firm	7%	261	3.9	110	White beans	7%	214	1.0	30
Sprouted navy beans	7%	360	5.3	149	Sprouted navy beans, cooked	7%	320	4.5	128
Swiss cheese	7%	125	0.9	26	Soybeans, green	7%	239	2.4	68
Lean pork	7%	291	2.5	70	Great northern beans	7%	218	1.0	29
Turkey, dark meat	7%	270	2.8	80	Cod fish	7%	343	3.4	95
Dandelion greens	7%	849	7.8	222	Turnip greens	7%	1791	11.0	313
Sheep milk	7%	110	3.3	93	Anise seed	7%	222	1.0	30
Lean beef, chuck	7%	278	2.5	72	Chicken, dark meat	6%	249	2.8	80
Iceberg lettuce	7%	410	25.2	714	Sprouted peas	6%	180	2.8	78
Yellow beans	7%	211	1.0	29	Potatoes, au gratin, mix	6%	48	1.1	32
Provolone cheese	7%	100	1.0	28	Lentils	6%	229	1.0	28
Fennel seed	7%	321	1.0	29	Feta cheese	6%	85	1.3	38
Orange roughy	7%	380	4.6	132	Sprouted kidney beans	6%	610	12.2	345
Salmon	7%	452	1.9	55	Muenster cheese	6%	84	1.0	27
Tuna, canned in water	7%	473	3.0	86	Parsley, dried	6%	903	1.3	36
Celery seeds	7%	307	0.9	26	Cheddar cheese	6%	80	0.9	25
Oat bran muffins	7%	138	1.3	37	Puffed Wheat	6%	25	1.1	30
Shad	7%	327	1.8	51	Podded peas	6%	492	8.4	238
Sun-dried tomatoes	7%	211	1.4	39	Garlic powder	6%	141	1.1	30
Tempeh	7%	186	1.8	52	Baby oatmeal, dry	6%	268	0.9	25
Plain frozen waffles	7%	133	1.1	32	Radishes	6%	356	22.0	625
Coriander seed	7%	242	1.2	34	Raisin Bran Cereal	6%	325	1.1	32
American cheese	7%	64	0.9	27	Sunflower seed kernels	6%	220	0.6	18
Biscuits, plain, dry mix	7%	59	0.8	23	Fava beans	6%	218	1.0	29

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Turkey leg, meat and skin	6%	224	2.4	69	Roquefort cheese	5%	71	1.0	27
Green beans	6%	393	11.4	323	Taragon, dried	5%	434	1.2	34
Kidney beans	6%	217	1.1	30	Hummus	5%	113	2.1	60
Tomatillos	6%	212	11.0	313	Tofu, fried	5%	155	1.3	37
Wild rice	6%	128	1.0	28	Tomato juice	5%	401	20.7	588
Egg yolk	6%	38	1.1	31	Atlantic mackerel	5%	450	1.7	49
Pink beans	6%	206	1.0	29	Soy milk	5%	274	6.8	192
Lima beans	6%	252	3.1	88	Mung beans	5%	218	1.0	29
Flaxseeds	6%	158	0.7	19	Sauerkraut, canned	5%	269	18.6	526
Limburger cheese	6%	91	1.1	31	Beef, round, lean	5%	218	1.5	44
Navy beans	6%	218	1.0	29	Thyme, fresh	5%	695	3.5	99
Paprika	6%	763	1.2	35	Peppermint, fresh	5%	556	5.0	143
Quail	6%	101	1.5	43	Eggplant	5%	279	14.7	417
Monterey cheese	6%	87	0.9	27	Egg biscuit	5%	59	1.3	36
Whole duck egg	6%	83	1.9	54	Cabbage	5%	497	14.1	400
Pinto beans	6%	206	1.0	29	MultiGrain Oatmeal	5%	121	1.1	30
Wheat	6%	121	1.0	29	Chocolate-flavor milk	5%	96	4.1	118
Commercial bisquits	6%	59	1.0	27	Sweet yellow corn	5%	139	4.1	116
Colby cheese	6%	79	0.9	25	Black beans	5%	198	1.0	29
Adzuki beans	6%	216	1.1	30	Pumpkin, canned	5%	1139	10.4	294
Sprouted kidney beans, cooked	6%	545	10.7	303	Garlic	5%	213	2.4	67
Marjoram, dried	6%	659	1.3	37	Tomato paste	5%	243	4.3	122
Kale	6%	1747	7.1	200	Buckwheat	5%	131	1.0	29
Tomatoes, canned	6%	296	20.7	588	Sprouted wheat	5%	171	1.8	51
Cranberry beans	6%	224	1.1	30	Chickpeas (garbanzo)	5%	194	1.0	27
Hard-boiled egg	6%	98	2.3	65					
Brazilnuts, dried	6%	507	0.5	15					
Shredded wheat	5%	136	1.0	30					
Sesame seeds	5%	180	0.6	17					
Blue cheese	5%	78	1.0	28					
Quinoa	5%	128	0.9	27					
Cream of potato soup	5%	80	5.9	167					
Chili peppers	5%	693	8.8	250					
Curry powder	5%	323	1.1	31					
Split peas	5%	192	1.0	29					
Cashew nuts, raw	5%	128	0.6	18					
Wheatena	5%	130	6.3	179					
Malted milk, chocolate	5%	86	4.1	118					