

## Information About Phosphorus

- Phosphorus is a mineral that is part of every cell in your body. It is found mainly in your bones and teeth.
- Phosphorus works with calcium and other nutrients to build healthy bones and teeth.
- Phosphorus also helps maintain normal acid/base balance, supports growth, and is involved with the storage and use of energy.

## How Much Phosphorus Should I Aim For?

Age in Years	Aim for an intake of milligrams (mg)/day	Stay below * mg/day
Men and Women 19 to 70	700	4000
Men and Women 71 and Older	700	3000
Pregnant Women 19 and Older	700	3500
Breastfeeding Women 19 and Older	700	4000

\*This includes sources of phosphorus from food and supplements

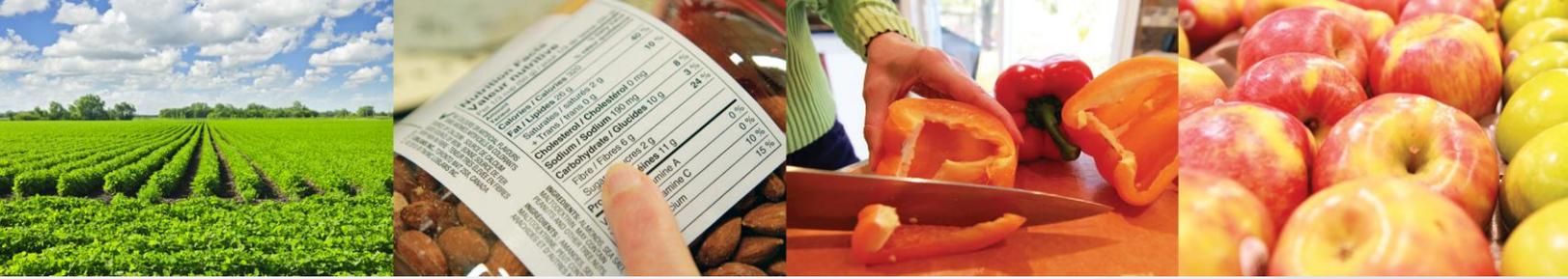
## Phosphorus Content of Some Common Foods

Phosphorus is found in high amounts in protein foods such as milk and milk products and meat and alternatives, such as beans, lentils and nuts. Grains, especially whole grains provide phosphorus. Phosphorus is found in smaller amounts in vegetables and fruit. This table will help show you foods which are a source of phosphorus.

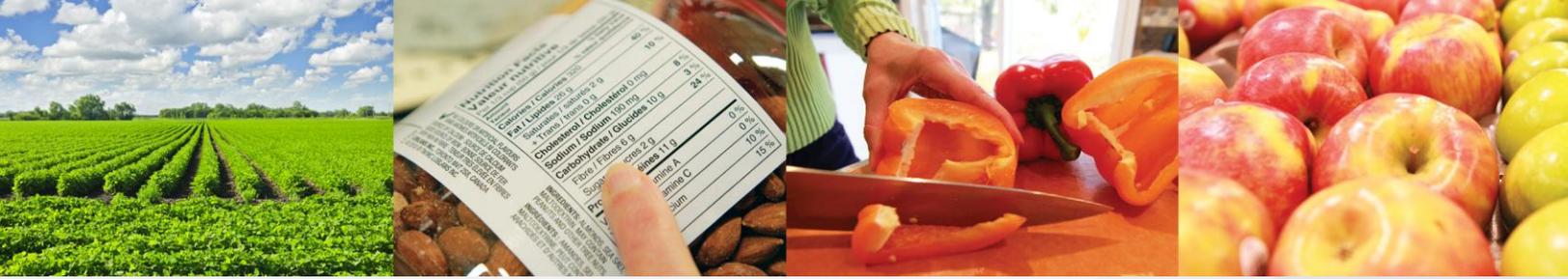
Food	Serving size	Phosphorus (mg)
Vegetables and Fruit		
Edamame/baby soybeans, cooked	125 mL (1/2 cup)	138-150
Potato, with skin, cooked	1 medium	121-130
Mushroom, portabello, raw	125 mL (1/2 cup)	124



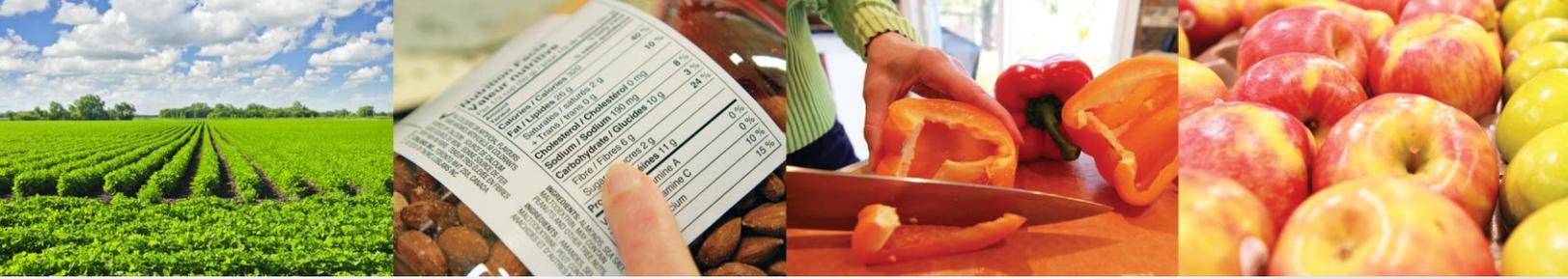
Grains Products		
<i>Grains</i>		
Rice bran, raw	20 g	335
Wheat bran, raw	30 g (1/2 cup)	270
Wheat germ, raw	30 g (1/4 cup)	225
Waffle, cooked	1 waffle	135-147
Quinoa, cooked	125 mL (1/2 cup)	149
<i>Cereals</i>		
Wheat germ cereal, toasted	30 g (1/4 cup)	344
Bran flakes	30 g	344
Bran (All Bran, 100% Bran)	30 g	108- 261
Oatmeal, cooked	175 mL (3/4 cup)	138 -177
Oat, o-shaped	30 g	127-134
Oatmeal, instant, cooked	175 mL (3/4 cup)	142
<i>Milk and Alternatives</i>		
Processed cheese slices, cheddar	50 g (1 ½ oz)	112-125
Cheese (cheddar, gruyere, swiss/emmental, gouda, mozzarella, edam, provolone)	50 g (1 ½ oz)	232-302
Milk (3.3% homo, 2%, 1%, skim, chocolate)	250 mL (1 cup)	217-272
Yogurt (fruit, plain), all types	175g (3/4 cup)	182-217
Buttermilk	250 mL (1 cup)	212 - 230
Yogurt, Greek, all types	175g (3/4 cup)	156-246
Cottage cheese	250 mL (1 cup)	291-358
Yogurt beverage	200 mL	168



Soy beverage	250 mL (1 cup)	253
Meat and Alternatives		
<i>Meat and Poultry</i>		
Venison/deer, various cuts, cooked	75 g (2 1/2 oz)	170-224
Pork, various cuts, cooked	75 g (2 1/2 oz)	130-221
Veal, various cuts, cooked	75 g (2 1/2 oz)	178-194
Bison, various cuts, cooked	75 g (2 1/2 oz)	157-193
Beef or lamb, various cuts, cooked	75 g (2 1/2 oz)	144-180
Beef, ground, cooked	75 g (2 1/2 oz)	134-174
Chicken or turkey, various cuts, cooked	75 g (2 1/2 oz)	134-163
Bacon, strip, cooked	75 g (2 1/2 oz)	87-93
<i>Organ Meat</i>		
Liver (beef, veal, chicken), cooked	75 g (2 1/2 oz)	345-373
Kidney, beef, cooked	75 g (2 1/2 oz)	228
Liver (turkey, pork), cooked	75 g (2 1/2 oz)	181-220
<i>Fish and Seafood</i>		
Salmon, canned	75 g (2 1/2 oz)	244-247
Sardines, canned in oil	75 g (2 1/2 oz)	368
Scallops, cooked	75 g (2 1/2 oz)	320
Herring, cooked	75 g (2 1/2 oz)	219-244
Mackerel, cooked	75 g (2 1/2 oz)	120-238
Bluefish, cooked	75 g (2 1/2 oz)	218
Halibut, cooked	75 g (2 1/2 oz)	214
Crab, imitation/surimi, cooked	75 g (2 1/2 oz)	210



Trout, rainbow, cooked	75 g (2 ½ oz)	202
Salmon, cooked	75 g (2 ½ oz)	189-192
Cod, cooked	75 g (2 ½ oz)	104-259
Tuna, light, canned in water	75 g (2 ½ oz)	104
<i>Meat Alternatives</i>		
Tempeh/fermented soy product, cooked	150 g (¾ cup)	380
Meatless, fish sticks, cooked	75 g (2 ½ oz)	338
Meatless, luncheon slices	75 g (2 ½ oz)	332
Soybeans, mature, cooked	175 mL (¾ cup)	312
Beans, adzuki, cooked	175 mL (¾ cup)	286
Lentils, cooked	175 mL (¾ cup)	264
Meatless (meatballs, chicken), cooked	75 g (2 1/2 oz)	251-258
Soy burger/vegetarian meatloaf or patty, cooked	75 g (2 1/2 oz)	155-258
Beans (navy, great northern), cooked	175 mL (¾ cup)	194-216
Chickpeas/garbanzo beans	175 mL (¾ cup)	204
Tofu	150 g (¾ cup)	146-204
Soy nuts	60 mL (¼ cup)	187
Beans (kidney, black-eyed/cowpeas, cranberry/roman), cooked	175 mL (¾ cup)	177-186
Egg, cooked	2 large	126-157
Baked beans, canned	175 mL (¾ cup)	139



<i>Nuts and Seeds</i>		
Pumpkin or squash seeds, without shell	60 mL (1/4 cup)	676
Sunflower seeds, without shell	60 mL (1/4 cup)	375-393
Brazil nuts, without shell	60 mL (1/4 cup)	257
Almonds, without shell	60 mL (1/4 cup)	174-208
Pine nuts, without shell	60 mL (1/4 cup)	197
Cashews, without shell	60 mL (1/4 cup)	170-195
Pistachios, without shell	60 mL (1/4 cup)	146-153
Cashew butter	30 mL (2 tbsp)	148
Tahini/sesame butter	15 mL (1 tbsp)	111
Other		
Goat's milk	250 mL (1 cup)	286

Source: "Canadian Nutrient File 2015"

[www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php)

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