

Food Sources of Phosphorus

Breakfast cereal	Thymus	Cheese sauce (phosphorus-fortified)	Hemp seeds
Cuttlefish	Lamb sweetbread	Carp	Liver (except lingcod liver and seal liver)
Pancreas	New England clam chowder	Sardine	Brain
Nutrition shake (phosphorus-fortified)	Spleen	Pumpkin and squash seed kernels	Scallop (bay and sea)
Puddings prepared with milk (phosphorus-fortified)	Protein shake (phosphorus-fortified)	Sunflower seed kernels	Pancakes
Sheepshead	Goose meat	Quail meat	Squab meat
Kidney	Sheefish	Pork ham	Waffles
Whey protein powder isolate	Salmon	Pork tenderloin	Blackfish
Pacific cod	Whitefish	Pheasant meat	Cheese product (phosphorus-fortified)
Tuna	Trout	Sheep milk	Biscuits
Pork top loin chops	Florida pompano	Sea lion heart	Clam
Dove meat	Swordfish	Cow milk	Cheese spread (phosphorus-fortified)
Oat bran muffins	Sea lion meat	Flatfish	American shad
Pork sirloin	Seatrout	Goat milk	Emu meat
King mackerel	Ocean perch	Shrimp	Butterfish
Whale meat	Seal meat	Beef top round steak	Beaver meat
Atlantic herring	Kefir	Wild catfish	Chia seeds
Lamb testes	Jack mackerel	Smelt	Cottonseed meal
Ruffed grouse meat	Rice bran	Malted milk drink (phosphorus-fortified)	