

# MEDIUM PHOSPHORUS ULTRA-PROCESSED FOODS

## (101–199 mg/serving)



**Caution: Moderate Phosphorus Levels.** Be mindful of portion sizes and additive phosphorus. Values based on listed sources.



### Processed Meats & Deli (serving size → P)

- Bologna (3.52 oz) → 163 mg
- Processed American cheese slice (1 oz, with phosphate additive) → 143.64 mg



### Packaged Soups & Ready Meals (serving size → P)

- Clam chowder, canned (1 cup) → 165 mg
- Creamed chicken soup, canned (1 cup) → 151 mg
- Tomato soup, canned (1 cup) → 159 mg
- Bean w/ ham soup, canned (1 cup) → 143 mg
- Split pea soup (1 cup) → 118 mg



### Packaged Grains/Baked Items (serving size → P)

- Granola cereal (½ cup) → 188 mg
- Shredded wheat (2 biscuits) → 176 mg
- Blueberry muffin (1 medium) → 165 mg



### Tortilla (serving size → P)

- Flour tortilla (1) → 104 mg

\* Individual needs vary. Consult your healthcare provider or renal dietitian for personalized advice.  
Sources: Kidney Kitchen, University Hospitals.