

PHOSPHOROUS CONTENT OF FOOD

Food groups	LOW (0-100mg)	MEDIUM (100-200 mg)	HIGH (Above 200 mg)
CEREALS	NIL	Wheat, Semolina, Puffed rice, Rice	Ragi, Rice Jowarflakes, Wheat flour, Maize
PULSES		Peas, beans	Moth Beans, Red gram dal, Bengalgram whole, Horse gram whole, green gram whole, bengalgram dal, Blackgram dal rajma
Green leafy veg	Ambati chukka, Spinach, Lettuce, Beetel leaves, Gogu, cabbage, fenugreek leaves, curry leaves, Turnip, Ponnaganni, Mint, Agathi, Amaranth	Celery	
Roots and tubers	Raddish,yam, potato, onion, beetroot	Colacasia	Carrot
Other vegs	Bottle guard, ash gourd,capsicum, snake gourd, cucumber, Ridge gourd, Mango green, Plantain, Pumpkin, Kovai, Brinjal, onion stalks,Ladiesfinger, cauliflower, cluster beans, broad beans, French beans, field	Drumstick	

	beans, Bitter guord		
Fruits	Apple, water melon, muskmelon, mango, banana, papaya, Figs, grapes, guava, lemon, sweetlime, Orange, custard apple, sapota	Black currant	
Sea food		Bocha, Rohu	All variety of seafood
Meat and poultry	Egg yolk	Beef, mutton, snail	Egg white
Milk and milk products	Cow milk	Buffalo milk	Cheese, paneer, Khoa, cow skimmed milk, cow whole milk
Nuts & oil seeds			Almonds, coconut fresh and dry, gingelly seeds, Ground nuts, mustard seeds, Pista, sunflower seeds, Walnuts, watermelon seeds
Condiments & spices	Ginger fesh, mango powder, green chillies		