



UROLOGY, P.C.

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PROTEIN DIETS

LOW PROTEIN UP TO 21 GRAMS:

| | |
|---------------------------------|------------|
| Beef, ground, lean | 21.0 |
| Beef, ground regular | 20.5 |
| Duck, roasted | 20.5 |
| Egg substitute | 11.0 |
| Egg white 1 large | 3.5 |
| Egg, whole, 1 large | 6.3 |
| Egg yolk, 1 large | 2.8 |
| Veal, rib | 20.4* |
| Clams, mixed, raw | 16.5* |
| Oyster, cooked | 7.5* |
| Oyster, raw 6 medium | 5.9 |
| Scallop, cooked 6 lg | 16.8 |
| Shrimp, 6 large | 9.6 |
| Buttermilk, 1/2 cup | 4.1* |
| Cheese, blue, 1 oz | 6.0 |
| Cheese, cheddar, 1 oz | 7.0 |
| Cheese, cream, Tbsp | 1.1 |
| Cheese, cream fat free | 2.3 (1 oz) |
| Cheese, feta 10oz | 4.0 |
| Cheese, mozzarella | 7.8 (1 oz) |
| cheese, parmesan | 7.3 |
| Ice cream, vanilla 1/2 cup | 2.3 |
| Ice cream, vanilla, light 1/2 c | 2.5 |
| Sherbet, orange, 1 cup | 1.6 |
| Yogurt, frozen vanilla | 2.9* |
| Yogurt, plain, whole 1 cup | 7.9* |
| Beans, black, boiled | 7.6* |
| Beans, kidney, boiled | 7.7* |
| Beans, lima | 7.3* # |
| Beans, navy, boiled | 7.9* |
| Beans, pinto | 7.0* |
| Beans, refried | 6.9* |
| Chickpeas, boiled | 7.3* |
| Cowpeas, cooked raw, drained | 2.6 |
| Pecans, 2 oz | 5.2* |
| Soy milk | 3.8 # |
| Bread, French 1/2 slice | 2.2 |
| Bread, Italian | 1.8 |
| Bread, oatmeal | 2.3* |
| Bread, wheat | 2.7* |
| Cereal, crispy rice | 2.1 |
| Cereal, corn flakes | 1.8 |
| Cereal, corn squares | 2.2 |
| Cereal, rice squares | 1.9 |
| Doughnut, plain | 2.4 |
| Rolls, dinner 1 roll | 2.4 |

UP TO 25.1 GRAMS:

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|------------------------------|--------|
| Beef, ground extra lean | 21.6 |
| Beef, rib, lean | 23.2 |
| Beef, round, eye, lean | 24.6 |
| Chicken, dark meat | 24.4 |
| Lamb, leg, lean cooked | 24.1 |
| Lamb, rib, lean, cooked | 22.2 |
| Pork leg, lean | 25.0* |
| Pork roast, lean, roasted | 24.4* |
| Pork, spareribs, braised | 24.7* |
| Crab, Alaska king | 16.5* |
| Crab, blue, cooked | 17.2 |
| Flounder, cooked | 20.5 |
| Haddock, cooked | 20.6* |
| Lobster, cooked | 17.4 |
| Ocean perch, cooked | 20.3 |
| Pollock, cooked | 20 |
| Sole, cooked | 20.5 |
| Cheese, Swiss, 1 oz | 8.1 |
| Milk, 1%, 1 cup | 8.0* |
| Milk, 2%, 1 cup | 8.1* |
| Milk, nonfat, 1 cup | 8.4* |
| Milk, whole, 1 cup | 8.0* |
| Yogurt, plain, low fat 1 cup | 11.9* |
| Beans, white | 9.5* # |
| Cashews, dry roasted, 2 oz | 8.7* |
| Cashews, oil roasted, 2 oz | 9.2* |
| Chestnuts, European, 2 oz | 9.1* |
| Hazelnuts, 2 oz | 8.5* |
| Peanut butter, 2 Tbsp | 8.0* |
| Peas, split | 8.2 # |
| Soy hamburger patty | 12.0* |
| Tofu, silken, raw 4 oz | 9.6* |
| Tofu, soft, raw, 4 oz | 9.0* # |
| Walnuts, English 2 oz | 8.6* |
| Biscuits, plain, 2 1/2" | 4.2 |
| Bread, pita, white | 5.5 |
| Cereal, Cream of Wheat | 3.8 |
| Croissants, butter, 1 | 4.7 |
| Croutons, seasoned | 4.3 |
| English Muffin, 1 | 4.4 |
| Muffin, blueberry, 1 | 3.1 |
| Oatmeal, plain instant | 4.4 |
| Rice, brown, cooked | 5 |
| Rice, white, cooked | 4.3 |
| Rolls, hot/hamb buns | 3.7 |
| Rolls, Kaiser, 1 roll | 5.6 |

* FOODS HIGH IN PHOSPHORUS

FOODS HIGH IN POTASSIUM

HIGHEST PROTEIN

| | |
|-----------------------------------|---------|
| Beef, round, bottom lean | 26.9* |
| Beef, top sirloin, lean | 25.8 |
| Chicken, white meat | 27.6 |
| Lamb, loin, lean cooked | 25.5 |
| Lamb, shoulder, lean | 30.2 |
| Pork chops, lean broiled | 25.7* |
| Turkey, light | 25.1 |
| Veal, leg | 30.7* |
| Halibut, cooked | 22.7* |
| Milk, condensed, sweetened, 1/2 c | 12.1* |
| Milk, dry, nonfat instant, 1/2 c | 12.2* |
| Yogurt, plain, skim, 1 c | 13.0* |
| | |
| Almonds, 2 oz | 12.1* |
| Beans, soy, cooked | 14.3* |
| Lentils, cooked | 17.9* # |
| Peanuts, dry roasted, 2 oz | 13.4* |
| Peanuts, oil roasted, 2 oz | 14.9* |
| Pine nuts, dried, 2 oz | 13.6* |
| Pistachios, dry roasted, 2 oz | 12.1* |
| Soy chicken patty | 13.0* |
| Tofu, firm, raw, 4 oz | 13.0* # |
| | |
| Bagel, egg, 3 1/2" | 7.5 |
| Bread crumbs, seasoned | 17 |
| Bread stuffing, from mix | 6.4 |
| Couscous, dry | 22.1 |
| Macaroni, cooked | 6.7 |
| Noodles, egg, cooked | 7.6 |
| Rice, wild, cooked | 6.5 |
| Spaghetti, cooked | 6.7 |
| Wheat flour, white | 12.9* |
| Wheat flour, whole grain | 16.44* |
| | |
| Salmon | 23.2* |
| Swordfish, cooked | 21.6 |
| Tuna salad, 1 cup | 32.9* |
| Tuna, light, canned in oil | 24.8* |
| Tuna, yellow fin, cooked | 25.5* |
| Cheese, cottage, 1 cup | 26 |
| Cheese, cottage, 2%, 1 cup | 31 |
| Cheese, ricotta, skim, 1 cup | 28.0* |
| Cheese, ricotta, whole | 27.7* |

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