

Ratio 100%+

Coca-Cola
cake (packet mix)
pudding, self-saucing

Ratio 100%

arrowroot
beef, corned
beef, corned & cereal
biscuit, bran
biscuit, chocolate
biscuit, wheatmeal
bream
butter
cake, chocolate
camp pie
chicken roll
cod
crabmeat
cracker, Jatz, Ritz
crumpet, wholemeal
dairy blend
devon/ fritz
doughnut, cinnamon
drop scone (pikelet)
dumplings
egg yolk, raw
egg, fried rice
eggs, scrambled
flour, potato
frankfurters
garlic roll
ham & chicken roll
honeycomb
ice cream cone
infant cereal, rice, dry
instant soup powder
Jelly Babies, Pastilles
kabana
liverwurst
margarine, Becel
mayonnaise
mortadella
Oat Bran Flakes
oat bran, raw
oatmeal, quick cook
offal, lamb/ calf/ chicken
omelette
pasta, macaroni
pasta, noodles, egg
pasta, spinach
pate de foie
popcorn
prawns
quiche, ham/ cheese
rabbit
rice, brown
rice, polished, boiled
rice, white, flour
sago, raw
salami
sausage, beef or pork

The lower the ratio of phosphorus the safer the food		EXCESSIVE
Phosphorus ratings*		ELEVATED
		BALANCED
saveloy	flour, wheat, brown	tofu
scone, plain	flour, wheat, white SR	tortilla chips
scones, fruit	fruit cake, wholemeal	trout, brown
scones, wholemeal	gemfish	tuna
scotch eggs	gravy, instant	turkey
sesame, seeds	pastries, Greek	veal, cutlet
snapper	herring	Weetabix
spaghetti, white	hummus	wheat bran
Special K, Kellogg's	infant cereal, mixed	wheat, puffed
sponge, Swiss roll	lamb	wheatgerm
tapioca	lemon meringue pie	yeast, baker's
whiting	lobster	
	macadamia nuts	Ratio 90%
	margarine, Becel	almonds, with skin
	marzipan	beans, blackeye
	milk, evap., whole	beans, broad
	morwong	beans, kidney
	muesli	beans, mixed
	muffin, fruit	beans, soya
	mullet	beer, low alcohol
	mulloway	biscuit, carob-coated
	mussels	biscuit, marshmallow
	mustard	biscuit, polyunsat.
	nuts, mixed	Bounty bar
	oil, canola	bread, 90% w'meal
	Ovaltine powder	butter, regular
	pancake	buttermilk, cultured
	pasta	cake, fruit, light
	peanut butter	cauliflower
	peanuts	champagne
	peas	cheese, neufchatel
	pecan nuts	chicken curry
	pie, fruit, apple/apricot	chocolate nut spread
	pizza	chocolate, milk
	popcorn	chocolate, white
	pork chops	cocoa powder
	porridge	Coffee Mate
	pudding, plum	Corn Flakes, Kellogg's
	quiche, cheese & egg	cornish pastie
	Rice Krispies	cream cheese
	rice, white, easycook	cream
	sardines, in oil	cucumber
	sausages, pork	custard
	savoury rice	dairy blend, regular
	Shredded Wheat	drinking chocolate
	snapper	fish cakes
	soup with croutons	fish fingers, in oil
	soup, chicken	flaky pastry, raw
	soup, chicken noodle	garlic powder
	soy sauce	gravy, instant
	spaghetti	hazelnuts
	Special K, Kellogg's	hot cross buns
	steak & kidney pie	icecream, dairy
	Sultana Bran, Kellogg	lasagne
	sweetcorn	lentils
	tahini paste	malt bread

* The ratio, rounded, is based on mineral content of common foods as determined by The Royal Society of Chemistry, UK, and Dept of Community Services & Health, Australia. Derived from grams of P / Na+K+Ca+Mg+Fe+Cu+Zn per 100g edible portion of each food.

margarine, cooking
margarine, polyunsat.
milk ice confection
milk powder, all types
milk, fluid
mousse, fruit
mushrooms
nuts, mixed
onion sauce, milk
Ovaltine + whole milk
Oxo cubes
pastry, wholemeal
peas, split
pistachio nuts
pitta bread, white
pizza
pork
rice pudding
sauce, white
shortcrust pastry
So Good soy drink
soup, cream of veg.
soup, pea and ham
soup, seafood
sour cream dip
soy beverage
soybeans
stuffing, sage/ onion
tofu, mori-nu, silken
tofu, nigari, firm
trifle
Vegemite
white sauce
whiting
yogurt, fruit
yogurt, all types
Yorkshire pudding

Ratio 86%

asparagus
baked beans
beans, adzuki
beans, broad
beans, haricot
beans, mung
beans, red kidney
beans, soya, dried
beer, ale/ lager/ draught
beer, stout
biscuit, fruit & nut
biscuit, ginger
bolognese sauce
broccoli
cauliflower
cheese, fruit
chick peas
chilli con carne
Christmas pudding
cream, light (<18% fat)
cream, sour
crumble, fruit pudding
currant bread
fish paste

flour, corn
fruit cake, plain
garlic, raw
goat's milk, fluid
honey
Irish stew
loaf, fruit
mousse, chocolate
mushrooms
oil, soyabean
omelete, no egg yolk
Ovaltine
oxtail soup, dried
papadums, fried in oil
passion fruit
pastry, wholemeal
peanuts & raisins
pickles, mustard
potato, mashed + milk
ravioli, tomato sauce
salmon, Atlantic
shepherd's pie
soup, cream of veg.
soya drink, plain
soya flour
spaghetti, meat sauce
spirulina powder
tofu, mori-nu, silken
vegetables & steak
vegetables, sausages
vinegar
yogurt, all types

Ratio 83%

aniseed
beef burgers
beer, draught
beer, pale ale, bottled
cake, fruit, dark
coconut
dressing, Thousand Is.
fruit cake, rich, iced
fruit pie, pastry
ham steak, grilled
instant potato powder
lychees in syrup
meringue
oil, maize (corn)
oil, safflower
oil, sunflower
oil, vegetable blends
potato oven chips
salad, vegetable
salsify, boiled
soft drink, lemon flavor
somasas, vegetable
soup, minestrone
soup, vegetable
spaghetti, tomato
sauce
tofu (made with CaSO₄)
veal, schnitzel
wine, white, dry

Ratio 80%

artichoke heart in brine
asparagus
beer, keg
brussels sprouts
cabbage, savoy, raw
egg, scrambled
Italian dressing
leeks
lychees
margarine, Flora Light
ministrone soup
mixed vegetables
mustard & cress
onions
parsnips
tofu, fried
tofu, okara
vegetable soup

Ratio 76%

blackberries, raw
blueberry in syrup
cabbage
chicory, raw
codliver oil
curry sauce
Eccles cake
endive, raw
French dressing
fruit cake, rich
gerkins, pickled
gooseberries
green beans
horseradish sauce
human milk, mature
potato powder
lychees in syrup
marrow
minestrone soup
oil, coconut
oil, corn
oil, cottonseed
oil, olive
oil, palm
oil, peanut
oil, rapeseed
oil, wheatgerm
onions
potato chips fried in oil
raspberries, raw
sherry, dry
soup, french onion
soup, tomato
soup, vegetable, dry
wine, red

Ratio 72%

apple chutney
aubergine in corn oil
beans, runner
beetroot

blackcurrants in juice
carrots, baby
cherry pie filling
chestnuts
crumble, fruit pudding
dairy blend
fruit cocktail
juice, grape, dark
marmalade
old potatoes, mashed
paprika
peaches
peppers/ capsicum
raspberries
strawberries
sweet potato
tomato sauce
topping, chocolate
zucchini

Ratio 69%

cabbage
coffee/chicory essence
cordial, citrus juice 25%
French dressing
juice, grapefruit
mandarin oranges
nectarines
okra
potato crisps
raspberries
seaweed: wakame
sorbet, lemon
soup, beef, dry mix
strawberries
tomato chutney
tomato soup, dried
turnips
watercress, raw
wine, rosé

Ratio 66%

artichokes, globe
bamboo shoot
barbecue sauce
clementines
currants, dried
dill seed
ginger, ground
guava
kiwifruit
lettuce
olives
oranges
peaches
pears
plantain
potato crisps
potatoes
satsumas
stuffing mix

Ratio 60%

blackcurrants
cherries
cream of tomato soup
egg white, raw
fruit pie filling
jam, berry
jam, stone fruit
mango chutney, oily
plums
prunes
sultanas
tomatoes

Ratio 50 - 54%

apples
avocados
bilberries
carrots
cherries
chutney, fruit
cider, vintage
coffee, instant
currants, black
curry powder
dates
fruit salad
grapefruit
grapes
guava
jelly, made with water
juice, grapefruit
juice, orange
mangoes
margarine, M/Lea Lite
olive, green, stuffed
pasta sauce, tomato
pears
pickle, sweet
plums, stewed
potato crisps
prunes in juice
pumpkin
Ribena, undiluted
sauce, pasta, tomato
swedes
tangerines
tomato
watermelon

Ratio 45 - 48%

apples, cooking
apricots
artichokes, Jerusalem
barbecue sauce
cordial, black currant
cordial, citrus juice 60%
cordial, lime juice
figs
juice, tomato
juice, vegetable

lemons
loganberries
mint sauce
plantain
prunes
radish, red
raisins
rhubarb
soup, tomato
sultanas
tomato ketchup
tomato paste
topping, fruit flavored
wine, white, dry
yams

Ratio 3 - 42%

agar
apples
apricots
bananas
beetroot
cabbage
, red
celery
coleslaw
cropa
damsons
dates
egg white, hard-boiled
figs
ghee, butter
juice, apple & rosehip
juice, apple
juice, blackcurrant
juice, lemon
juice, pineapple
juice, tomato
margarine, Sundew
melon, cantaloupe
melon, honeydew
mineral water + citrus
mineral water, natural
oil, sesame seed
onions
oxtail soup
parsley
paw paw
pineapple
pumpkin
raisins

Ratio 3%

molasses
Ribena
rosehip syrup
sauce, Worcestershire
spinach
syrup, golden
treacle, black
tea, Indian, infusion
tomato puree