

Food guide for managing phosphate intake for children eating an Indian diet

The following tables give the phosphate content of foods commonly eaten by children living in India.

This practical guide has been devised by a working group of paediatric renal dietitians and paediatric nephrologists in India, in collaboration with the Paediatric Renal Nutrition Taskforce.

Indian foods

Phosphate content of food items per 100g is taken from reference texts. Portion size and phosphate per portion size has been estimated by the working group. Please note phosphate content varies depending on cooking method, ingredients and household measurement. The portion size of 1 bowl has a volume of 210ml and a diameter of 8cm. Herbs and spices are dried powders unless stated. Given weights of meat are boneless.

P content of breakfast foods



High in natural P – foods that are a rich source of natural P
≥ 100mg P per portion



Lower P alternatives – foods that contain less natural P
< 100mg P per portion

Food	Food description	Portion size	Phosphate (mg per portion)	Phosphate (mg per 100g)
Idli	Rice, urad dal	60g (2 pieces)	131	218
Ragi idli	Parboiled rice powder, ragi powder, urad dal	35g (1 piece)	90	257
Mini idli	Parboiled rice, urad dal	10g (1 piece)	7	70
Idli uppuma	Rice, urad dal, moong dal, onion, oil	100g (1 bowl)	200	200
Idli podi	Bengal gram, black gram, sesame seeds, dry red chillies, curry leaves, pepper, asafoetida	20g (1 Tbsp)	55	275
Rava idli	Semolina (rava), curd (yogurt)	80g (2 pieces)	87	109
Dosa	Parboiled rice, urad dal, oil	29g (1 piece)	35	121
Rava dosa	Semolina (rava), rice flour, refined flour (maida), curd (yogurt), onion, chilli, fresh ginger, pepper, whole cumin, curry leaves, coriander leaves, oil	67g (1 piece)	71	106
Egg dosa	Egg white, dosa batter, onion, carrot, pumpkin	41g (1 piece)	15	37
Ada dosa	Dosa batter, green gram powder, whole green chillies, pepper, cumin	55g (1 piece)	81	148
Onion uthappam	Rice, black gram, onion, whole green chillies, curry leaves, oil	42g (1 piece)	61	145
Masala dosa	Rice, urad dal, potato, onion, fresh ginger, cashews, mustard seeds, curry leaves, coriander leaves, oil, coconut, whole green chillies, roasted bengal gram, garlic	201g (1 piece)	138	69
Ghee roast	Rice, urad dal, ghee	70g (1 piece)	202	289
Vermicelli upma	Vermicelli, onion, peas, carrot, oil	100g (1 bowl)	151	151
Upma	Semolina (rava), onion, oil	70g (½ bowl)	22	31
Broken wheat with rice flakes upma	Broken wheat, rice flakes, carrot, onion, fresh ginger	120g (1 bowl)	57	48
Puri potato masala	Wheat flour, oil, salt, potato, onion, fresh ginger, cashews, mustard seeds, whole green chillies, curry leaves, coriander leaves, oil	178g (1 piece with 1 bowl)	57	32
Alu (potato) paratha	Whole wheat flour, potato, oil	70g (1 small piece)	77	110

P content of breakfast foods

 High in natural P – foods that are a rich source of natural P
>= 100mg P per portion

 Lower P alternatives – foods that contain less natural P
< 100mg P per portion

Food	Food description	Portion size	Phosphate (mg per portion)	Phosphate (mg per 100g)
Paneer (cottage cheese) paratha	Whole wheat flour, paneer, oil	70g (1 piece)	208	297
Plain paratha	Whole wheat flour, oil	53g (1 piece)	110	207
Vegetable roti	Wheat flour, onion, cucumber, carrot	43g (1 piece)	81	189
Rice roti	Rice flour, onion, mixed leaves (curry, dill, coriander)	75g (1 piece)	84	112
Idyappam with paya	Rice flour, oil, onion, tomato, potato, cinnamon, cloves, fresh ginger, garlic, fennel seeds, red chilli, garam masala, turmeric, oil	70g (1 piece with ½ bowl paya)	43	61
Appam	Raw rice, flattened rice or cooked rice, fresh coconut, oil	125g (3 pieces)	171	137
French toast/egg toast	Bread, egg, oil/butter, milk, onion	142g (2 pieces)	218	153
Poha	Rice flakes, onion, peanuts, oil	45g (½ bowl)	43	96
Pongal (savoury)	Rice, moong dal, cashews, ghee	110g (1 bowl)	303	276
Pongal (sweet)	Rice, moong dal, jaggery, raisins, cashews, ghee	75g (1 bowl)	136	181
Puttu with banana	Puttu flour, grated coconut, banana	170g (1 piece with 1 banana)	67	39
Sabudana kichdi	Sago, peanuts, ghee	45g (½ small bowl)	31	69
Sheera/halwa	Semolina (rava), cows milk, sugar, ghee	100g (1 bowl)	36	36
Chole bhature	Refined flour (maida), curd (yogurt), soaked bengal gram, onion, tomato, oil	100g (1 piece 40g bhature + 60g chole)	80	80
Dahi chura	Curd (yogurt), rice flakes, jaggery, almonds	150g (1 bowl)	172	115
Pudina chutney	Mint leaves, coconut, onion, oil	20g (1 Tbsp)	11	56
Tomato chutney	Tomato, fresh ginger, garlic, oil	25g (¼ bowl)	6	24
Coconut chutney	Coconut, whole green chillies, roasted bengal gram, garlic	28g (1 Tbsp)	17	62

P content of main meals

High in natural P – foods that are a rich source of natural P
>= 100mg P per portion

Lower P alternatives – foods that contain less natural P
< 100mg P per portion

Food	Food description	Portion size	Phosphate (mg per portion)	Phosphate (mg per 100g)
Rajmah curry	Soaked rajmah, onion, tomato, oil	126g (½ bowl)	76	60
Black chana curry	Soaked black channa, onion, tomato, oil	132g (½ bowl)	71	53
Pea potato/potato green chickpea curry	Potato, green peas, onion, tomato, garlic, fresh ginger, oil	132g (½ bowl)	40	31
Mutton curry	Mutton (125g), curd (yogurt), onion, tomato, oil	167g (½ bowl)	312	187
Bottle gourd curd curry	Bottle gourd, onion, curd (yogurt), whole green chillies, cumin seeds	50g (½ bowl)	63	126
Chicken curry	Chicken (70g), onion, tomato, curry leaves, whole red chillies, fresh ginger, garlic, curd (yogurt), oil	75g (½ bowl)	202	269
Egg curry	Egg(1), onion, tomato, curry leaves, whole red chillies, fresh ginger, garlic	60g (½ bowl)	66	109
Dal makhni (black gram whole)	Whole black dal, onion, tomato, cream, butter, oil	65g (½ bowl)	60	92
Green gram (whole) dal	Whole green gram, onion, tomato, oil	129g (½ bowl)	65	50
Moong dal khichri	Split moong dal, rice, onion, tomato, ghee, oil	85g (1 bowl)	155	182
Paneer (cottage cheese) bhurji	Paneer (100g), peas, onion, tomato, oil	135g (½ bowl)	223	165
Kadhai paneer	Paneer (40g), capsicum, onion, tomato, tomato puree, fresh ginger, oil	144g (½ bowl)	181	126
Butter chicken	Chicken (125g), cream, onion, tomato, cashews, whole green chillies, oil	130g (½ bowl)	276	212
Palak paneer	Paneer (50g), spinach, onion, oil	115g (½ bowl)	222	193
Wheat chapati without ghee	Whole wheat flour	25g (1 piece)	79	316
Whole wheat flour poori	Whole wheat flour, oil/ghee	25g (1 piece)	60	240
Naan	Refined flour (maida), curd (yogurt), oil	45g (1 piece)	42	93
Chapati	Wheat flour, oil	30g (¾ piece)	63	210
Ragi ball/mudde	Ragi flour, ghee/butter	130g (1 piece)	315	242
Rice, sambar/huli	Rice, toor dal, egg plant (brinjal) or drumstick, onion, sambar powder	180g (1 bowl)	259	144
Lemon rice	Rice, lemon, fresh ginger, garlic, oil, asafoetida, ground nut, bengal gram, turmeric	69g (½ bowl)	47	68

P content of main meals (continued)

High in natural P – foods that are a rich source of natural P
≥ 100mg P per portion

Lower P alternatives – foods that contain less natural P
< 100mg P per portion

Food	Food description	Portion size	Phosphate (mg per portion)	Phosphate (mg per 100g)
Carrot rice	Rice, carrot, mustard seeds, cumin, onion, whole green chillies, turmeric, curry leaves	70g (½ bowl)	44	63
Bisibelebath	Rice, toor dal, ghee, peanuts, carrot, potato, peas, beans, tomato, tamarind pulp, cashews	100g (1 bowl)	188	188
Sambar rice	Rice, black gram, bengal gram, cumin seeds, whole red chillies, peanuts, red gram, carrot, cluster beans, onion, tomato, garlic, tamarind pulp	58g (½ bowl)	108	188
Curd rice	Rice, curd (yogurt)	137g (½ bowl)	61	45
Chicken biryani	Rice, chicken (50g), curd (yogurt), onion, tomato, garlic, oil	102g (½ bowl)	90	88
Mutton biryani	Rice, mutton (50g), curd (yogurt), onion, tomato, garlic, oil	102g (½ bowl)	138	135
Vegetable biryani	Rice, carrot, potato, french beans, tomato, onion, peas, fresh ginger, garlic, whole green chillies	100g (½ bowl)	39	39
Vegetable pulao	Rice, cauliflower, peas, carrot, onion, oil	115g (1 bowl)	42	36
Onion tomato raita	Curd (yogurt), onion, tomato	75g (½ bowl)	52	70
Onion raita	Onion, curd (yogurt), whole green chillies, coriander leaves	150g (½ bowl)	91	61
Cucumber raita	Cucumber, curd (yogurt), mint leaves, roasted cumin	150g (½ bowl)	97	65
Boondi raita	Curd (yogurt), boondi	57g (½ bowl)	52	91
Sambar	Toor dal, onion, tomato, cucumber, cluster bean, pepper, coriander, turmeric, mustard seeds, cumin, red chilli powder, tamarind pulp, asafoetida	60g (1 bowl)	68	113
Butter milk	Curd (yogurt), mint leaves, cumin	100g (100ml glass)	154	154
Cabbage potato vegetable	Cabbage, potato, refined oil	95g (½ bowl)	45	48
Potato cauliflower vegetable	Potato, cauliflower, tomato, oil	100g (½ bowl)	50	50
Bottle gourd/ridge gourd vegetable curry	Bottle gourd/ridge gourd, tomato, onion, fresh ginger, oil	125g (½ bowl)	68	54
Sarson palak saag	Mustard leaves, spinach, bathua leaves, maize flour, onion, butter, oil	72g (½ bowl)	43	59
Brinjal (egg plant) bharta	Egg plant (brinjal), onion, tomato, fresh ginger, oil	128g (½ bowl)	52	40
Stuffed brinjal (egg plant)	Egg plant (brinjal), dry masala, oil	33g (1 piece)	17	51
Vegetable salad	Carrot, whole green chillies, onion, tomato, curd (yogurt)	53g (½ bowl)	22	42

P content of snacks

 High in natural P – foods that are a rich source of natural P
>= 100mg P per portion

 Lower P alternatives – foods that contain less natural P
< 100mg P per portion

Food	Food description	Portion size	Phosphate (mg per portion)	Phosphate (mg per 100g)
Paneer tikka	Paneer (70g), onion, besan (gram flour), capsicum, hung curd (yogurt), mustard oil	83g (½ plate)	269	324
Chicken tikka	Chicken (80g), hung curd (yogurt), besan (gram flour), capsicum, onion, mustard oil	83g (½ plate)	205	233
Mushroom tikka	Mushrooms (40g), besan (gram flour), onion, capsicum, curd (yogurt), oil	60g (½ plate)	95	158
Tandoori chicken	Chicken (80g), curd (yogurt), mustard oil, corn flour	52g (½ plate)	146	281
Mutton kebabs	Mutton (50g), besan (gram flour), onion, fresh ginger, garlic, oil	60g (1 piece)	129	215
Vegetable momos	Refined flour (maida), cabbage, carrot, onion, oil	35g (1 piece)	22	6
Samosa	Refined flour (maida), potato, green peas, oil	85g (1 piece)	47	55
Vegetable noodles	Noodles, capsicum, carrot, onion, oil	75g (1 bowl)	43	57
Boiled corn chat	Tender sweet maize, onion, tomato, besan (gram flour), sev	53g (½ bowl)	62	117
Bhel puri	Puffed rice, roasted gram, potato, papdi puri, mixture/farsan	75g (½ bowl)	138	183
Pani puri	Green peas, onions, tomato, carrot, sev, tamarind extract, chat masala	50g (½ plate)	91	182
Onion pakoda	Onion, whole green chillies, besan (gram flour), oil	103g (½ plate)	136	133
Masala vada	Chana dal, onion, coriander leaves, oil	38g (1 piece)	88	232
Potato bonda	Besan (gram flour), potato, oil	35g (1 piece)	57	162
Mixture	Bengal gram flour, rice flour, asafoetida, turmeric, peanuts, roasted bengal gram, cashews, poha, Kashmiri chilli powder, sugar	35g (¼ bowl)	28	79
Mysore bonda	Curd (yogurt), refined flour (maida), rice flour, cumin seeds, fresh ginger, whole green chillies, coriander leaves	35g (1 piece)	38	109
Rice flour murukku	Rice flour, red chilli powder, oil	47g (2 pieces)	64	137
Rice flakes kozhukattai	Rice flakes powder, nuts powder, coconut, jeera	50g (1 piece)	103	206
Chivda	Rice flakes thin, ground nuts, roasted chana dal, sugar, oil	25g (150ml cup)	78	312

P content of sweets

 High in natural P – foods that are a rich source of natural P
>= 100mg P per portion

 Lower P alternatives – foods that contain less natural P
< 100mg P per portion

Food	Food description	Portion size	Phosphate (mg per portion)	Phosphate (mg per 100g)
Barfi	Khoya, sugar, milk, ghee, pistachios	50g (1 piece)	139	278
Besan laddoo	Besan (gram flour), semolina (rava), ghee, powdered sugar	38g (1 piece)	51	134
Carrot halwa	Carrot, milk, ghee, sugar, cashews, almonds, raisins	195g (½ bowl)	217	168
Moong dal halwa	Split moong dal, semolina (rava), ghee, sugar, almonds, pistachios, raisins	75g (1 bowl)	143	190
Gulab jamun	Khoya/mawa, refined flour (maida), oil, sugar	40g (1 piece)	65	162
Rosogulla	Milk (120ml), lemon juice, sugar, green cardamom	145g (1 piece)	65	139
Soan papdi	Besan (gram flour), ghee, green cardamom, all purpose flour, sugar, milk	212g (1 piece)	427	201
Basundi	Milk (200 ml), condensed milk, cashews, almonds, pistachio, saffron, charoli	75g (½ bowl)	274	365
Rava laddoo	Semolina (rava), sugar, desiccated coconut, ghee, cardamom powder, raisins, cashews	70g (2 pieces)	78	111
Rava kesari	Semolina (rava), sugar, ghee, green cardamom	50g (1 piece)	18	36
Bhadrusha	Refined flour (maida), curd (yogurt), green cardamom, sunflower oil, ghee, sugar	103g (1 piece)	35	34
Mysore pak	Sugar, ghee, besan (gram flour)	30g (1 piece)	25	84
Jangri	Urad dal whole, rice flour, sugar, water	50g (1 piece)	75	150
Rice kheer	Rice, milk, sugar, green cardamom, almonds, raisins	115g (½ bowl)	88	77
Rice flakes balls	Rice flakes, parboiled rice powder, rajma red	40g (2 pieces)	84	210
Paruppu payasam	Paruppu, coconut milk, rice raw brown, jaggery, raisins dried black, cashews, green cardamom	101g (½ bowl)	113	113
Sago payasam	Sago, double toned milk, sugar, ghee, raisins dried black, cashews, green cardamom	81g (½ bowl)	17	21
Vermicelli payasam	Wheat vermicelli roasted, sago, double toned milk, sugar, ghee, raisins dried black, cashews, green cardamom	91g (½ bowl)	38	41
Fruit custard	Milk, custard powder, banana, mango, pomegranate, sugar	145g (½ bowl)	96	66



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