



Practice Limited to Birds, Reptiles and Exotics

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AFTER HOURS EMERGENCIES
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Phosphorus Content of Fruits and Vegetables

	<u>Per 100 g</u>
Cereals	938-1314mg
Cheese	760mg
Cabbage	569mg
Chard	484mg
Tomatoes	480mg
Squash/Zucchini	475mg
Spinach	426mg
Radishes	400mg
Cauliflower	400mg
Broccoli	388mg
Green Leaf Lettuce	387mg
Romaine Lettuce	353mg
Cucumber	350mg
Red Leaf Lettuce	350mg
Mustard Greens	331mg
Parsley	322mg
Kale	295mg
Dandelion Greens	293mg
Soy based foods	287mg
Celery	278mg
Peas	267mg
Navy Beans	264mg
Lima Beans	241mg
Collards	231mg
Carrots	203mg
Corn	200mg
Green Bell Peppers	200mg
Lentils	180mg
Red Bell Peppers	168mg
Dairy products (including yogurt)	157mg
Sweet Potato	120mg
Strawberries	30mg
Cherries	20mg
Banana	16mg
Blueberries	9mg
Oranges	3mg

We strongly recommend annual health examinations on all exotics!

