### MAIN FUNCTIONS

- Structural component of:
  - Bones and teeth
  - DNA and RNA
  - Cell membranes
- Assists in energy production and storage
- Physiological buffer

### GOOD SOURCES

<table>
<thead>
<tr>
<th>Dairy Products</th>
<th>Meat</th>
<th>Egg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yogurt (plain, nonfat), 8 ounces, 306 mg</td>
<td>Salmon (cooked), 3 ounces, 315 mg</td>
<td>Egg, 1 large, 86 mg</td>
</tr>
</tbody>
</table>

*mg = milligrams; a 3-ounce serving of meat is about the size of a deck of cards*

### DAILY RECOMMENDATION

700 mg

All Adults

### SPECIAL NOTES

- Phosphorus deficiency is very uncommon and usually only observed in cases of near-total starvation or in rare, inherited kidney disorders.
- High blood phosphorus concentration is linked to increased risks of cardiovascular disease and death.
- The substitution of phosphate-containing soft drinks and snack foods for milk and other calcium-rich food may compromise bone health.