

# PHOSPHORUS



## MAIN FUNCTIONS

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

## GOOD SOURCES

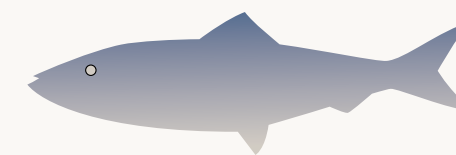
### Dairy Products

Yogurt  
(plain, nonfat),  
8 ounces, 306 mg



### Meat

beef · poultry · fish  
Salmon (cooked),  
3 ounces, 315 mg



### Egg

Egg, 1 large,  
86 mg



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.