

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

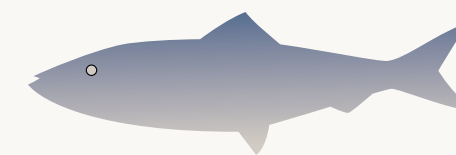
- Yogurt (plain, nonfat), 8 ounces, 306 mg



Meat

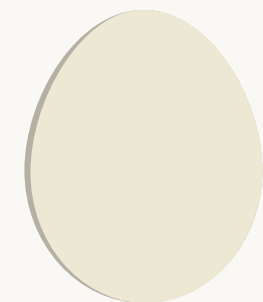
beef · poultry · fish

- 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.