

# Phosphorus

1. Noun
2. Noun - Plural
3. Adjective - Ends In Est
4. Verb - Past Tense
5. Verb - Present Ends In Ing

# Phosphorus

## Food Sources

The main food sources are the protein food groups of meat and milk. A meal \_\_\_\_\_ Noun that provides adequate amounts of calcium and protein \_\_\_\_\_ Noun - Plural provides an adequate amount of phosphorus.

Although whole-grain breads \_\_\_\_\_ Adjective - Ends in EST cereals contain more phosphorus than cereals and breads made \_\_\_\_\_ Verb - Past Tense refined flour, this is a storage form of phosphorus called phytin, which is not absorbed by humans.

Fruits and vegetables contain only small \_\_\_\_\_ Verb - Present ends in ING of phosphorus.

## Side Effects

There is generally no deficiency of phosphorus because it is so readily available in the food supply.

Excessively high levels of phosphorus in the blood, although rare, can combine with calcium to form deposits in soft tissues such as muscle. High levels of phosphorus

