

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

