

# Phosphorus

1. Verb - 3Rd Person Singular Present

# Phosphorus

## Food Sources

The main food sources are the protein food groups of meat and milk. A meal plan that provides adequate amounts of calcium and protein also provides an adequate amount of phosphorus.

Although whole-grain breads and cereals contain more phosphorus than cereals and breads made from refined flour, this is a storage form of phosphorus called phytin, which is not absorbed by humans.

Fruits and vegetables contain only small amounts of                     Verb - 3rd Person Singular Present                    .

## 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