

# PHOSPHOROUS

## Did you know???



Phosphorous **works with calcium to provide structure to your bones and teeth.** It helps maintain fluid balance as well as the acid/base balance in your body. Phosphorous is found in DNA & cell membranes, so it is needed to grow and replace cells and tissues.

## NUTRITIONAL FACTS

FOOD	QTY	PHOSPHOROUS	DAILY %	CARBS	PROTEIN	CALS
Beef Liver	100g	497mg	71%	5.1g	29.1g	191
Quinoa, Dry	½ cup	388mg	55%	48.6g	12g	312
Lentils, boiled	1 cup	356mg	51%	28.3g	17.9g	229
Sardines	100g	320mg	46%	0	25.3g	195
Mussels	100g	285g	41%	7.4g	23.8g	172g
Octopus	100g	279mg	40%	4.4g	29.8g	164
Beef Steak	100g	270mg	39%	0g	29.9g	160
Black Beans	1 cup	247mg	35%	26.6g	14.2g	240
White Beans	1 cup	238mg	34%	43g	19g	298