

Phosphorus

Information for parents and carers

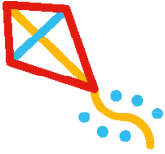
Children with medical conditions or poor dietary intake can sometimes develop low vitamins and minerals levels. Whilst in many instances this can be managed with medication, it is also beneficial to ensure good dietary sources as well.

Your child has a low level of Phosphorus. The following contains some information on food sources to help improve this.

Phosphorus is needed for healthy bones and teeth structure. It also helps make energy available in the body.

Phosphorus is widely available as it is present in nearly all food sources.





Best food sources:

- Breakfast cereals, e.g. Cheerios, Shreddies, Shredded Wheat, Weetabix
- Cheese
- Ham
- Yeast extract, e.g. Marmite, Vegemite, supermarket own brands
- Wholemeal bread
- Eggs
- Beef
- Chicken
- Sardines
- Cod
- Dry roasted peanuts (not suitable for young children due to choking hazard)

Other sources:

- Milk
- Baked beans
- White bread
- Chapatti made without fat
- Cabbage
- Potatoes
- Oranges

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