



Mineral: Phosphorus

Meal Ideas:

3 oz Salmon
1/2 cup Green Beans
1/2 cup Sweet Potato
1 Whole Grain Roll
1 cup Milk

White Potatoes and Sweet Potatoes are very similar nutritionally, however White Potatoes are higher in Potassium and Sweet Potatoes are higher in Vitamins A, B6 and C, Calcium, and Fiber.

What it does: Phosphorus supports bone health, energy production, cellular health, protein synthesis, and cell signaling. B vitamins and phosphorus team up to impact kidney, muscle, nerve, and heart health. Balancing your intake of phosphorus and calcium is crucial. Too much phosphorus can impair calcium absorption and negatively affect bone health. But the two are found in a lot of the same food sources.

Where to find it: Dairy products, nuts, beans, cereal grains, salmon, and halibut are good places to turn for phosphorus.



Kidney disease can develop at any time, but those over the age of 60 are more likely than not to develop kidney disease. As people age, so do their kidneys.

According to recent estimates from researchers at Johns Hopkins University, more than 50 percent of seniors over the age of 75 are believed to have kidney disease. Kidney disease has also been found to be more prevalent in those over the age of 60 when compared to the rest of the general population.

Kidney Disease Facts:

- Kidney disease kills more people each year than breast or prostate cancer.
- The National Kidney Foundation recommends annual kidney disease screening for anyone over the age of 60.
- Risk factors for kidney disease include: high blood pressure, diabetes, kidney stones, a family history of kidney failure, prolonged use of over-the-counter pain medications, and being over the age of 60.
- More than 37 Million Americans - 1 in 7 adults- have chronic kidney disease and most don't know it.