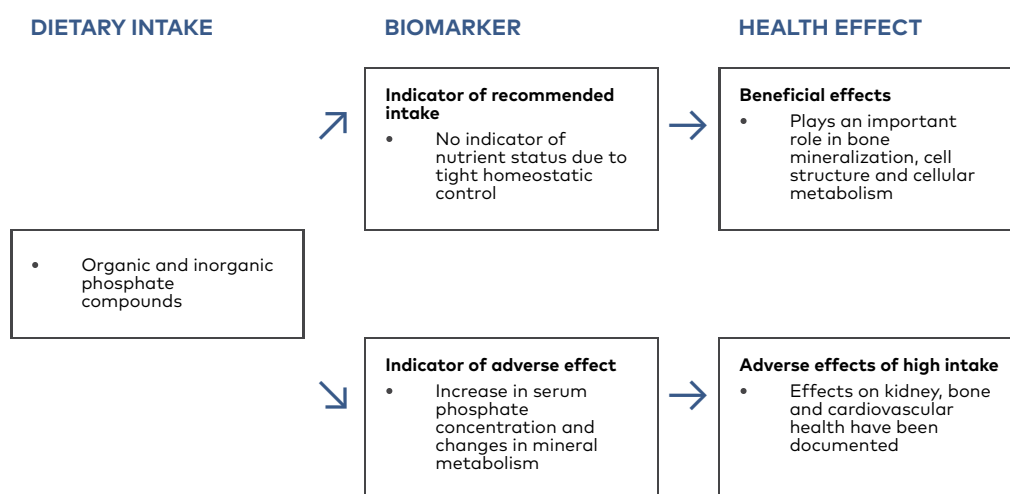


Phosphorus



	Females	Males
Provisional AR (mg/d)	420	420
AI (mg/d)	520	520

For more information about the health effects, please refer to the background paper by Suvi T. Itkonen and Christel Lamberg-Allardt (Itkonen & Lamberg-Allardt, 2023).

Dietary sources and intake. Phosphorus occurs widely in foodstuffs, but the highest content is found in protein-rich foods, including meat, fish, eggs, dairy, legumes, whole-grain cereals, nuts and seeds. Various phosphate compounds are also used as food additives. The average phosphorus intake ranges from 870 to 1800 mg/d (Lemming & Pitsi, 2022).

Main functions. Phosphorus-containing compounds are involved in e.g., ATP synthesis, signal transduction, cell structure, cellular metabolism, regulation of subcellular processes, acid-base homeostasis and in bone mineralization (Itkonen & Lamberg-Allardt, 2023). About 85% of the body's phosphorus is in bones and teeth, and phosphorus homeostasis is closely linked to that of calcium because of the actions of calcium-regulating hormones, such as parathyroid hormone (PTH) and 1,25-dihydroxy-vitamin D (1,25(OH)₂D), at the level of the bone, the gut and the kidneys.