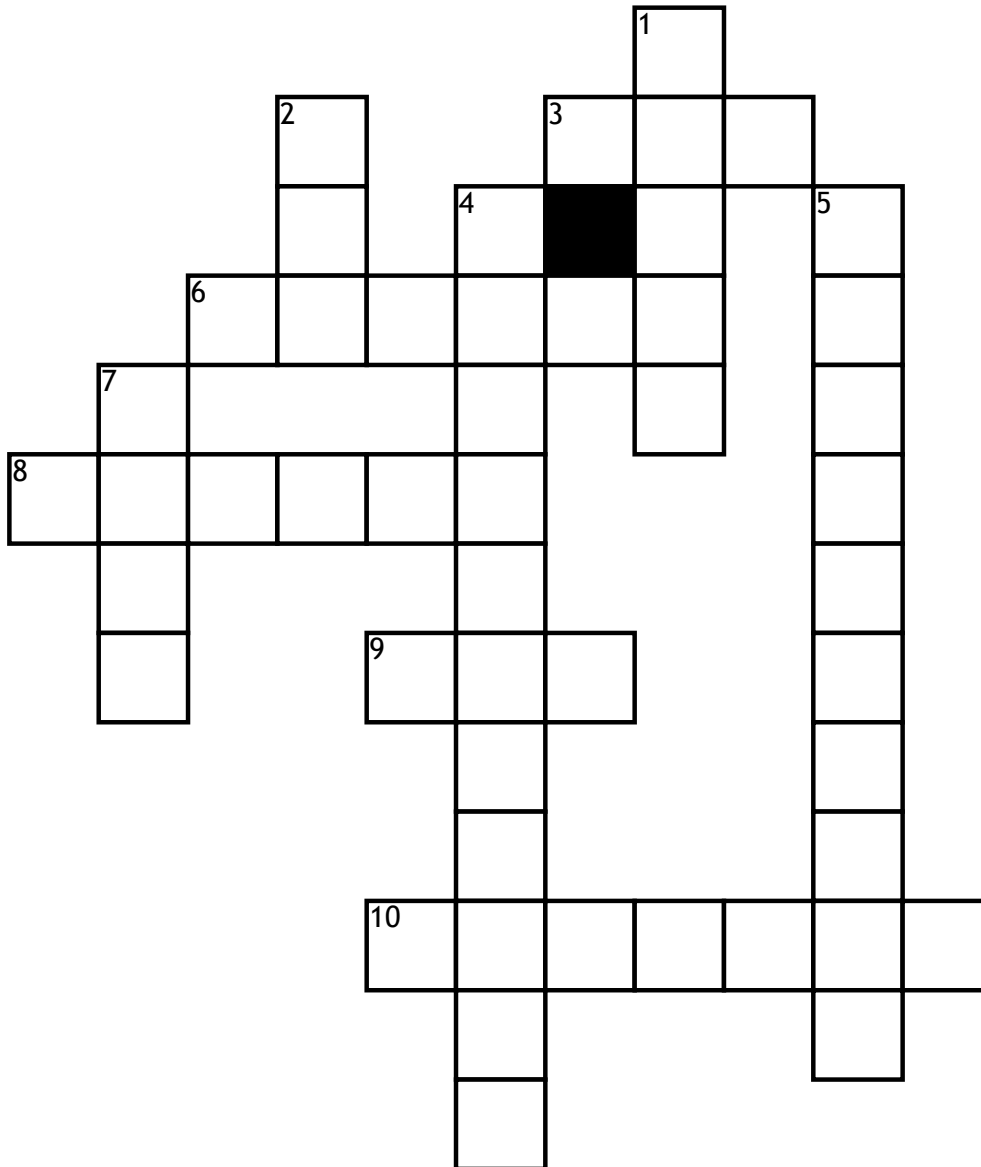


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Phosphorus Crossword



## Across

3. White bread, chicken, sprite and graham crackers are \_\_\_\_\_ in phosphorus.
6. This dairy food is high in phosphorus.
8. One way to keep your phosphorus in a safe range is to take a \_\_\_\_\_ with each meal.
9. For some people on dialysis, binders must be taken every time they \_\_\_\_\_.
10. Bone disease occurs when too much phosphorus in the blood pulls what mineral from the bone.

## Down

1. A high phosphorus level can make your \_\_\_\_\_ weak.
2. The body responds to abnormal calcium and phosphorus levels by making this hormone.
4. Eating foods lower in phosphorus can help keep your bones healthy and reduce your risk of \_\_\_\_\_ and stroke.
5. Your \_\_\_\_\_ level should be below 5.5
7. Milk, Chocolate, cola and hot dogs are \_\_\_\_\_ in phosphorus.