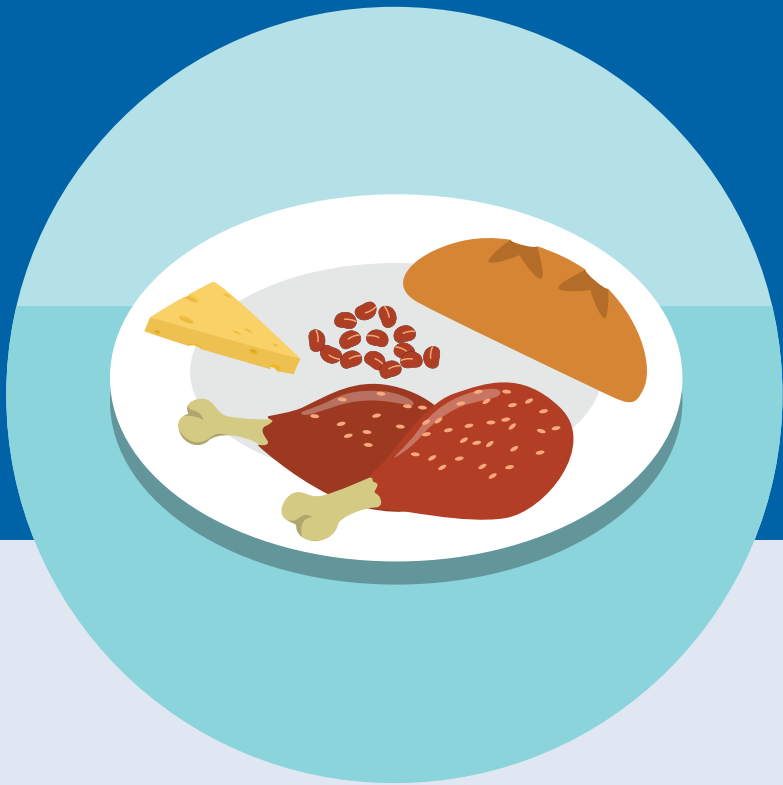


What are PHOSPHATES?

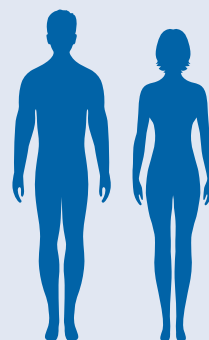
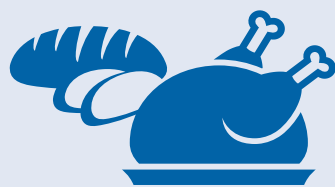
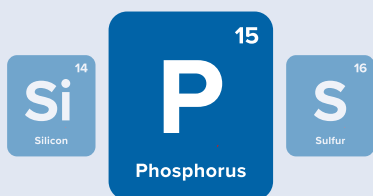
Phosphates are inorganic compounds found in food and non-food items.



Food



Non-Food



When the element phosphorus (P) is combined with oxygen, phosphates are created – which is the form in which phosphorus is found in nature.

Phosphates are found in a variety of foods, occurring naturally in chicken and added to baked goods for example.

It is the second most common mineral in the human body, making up nearly 1% of the average person's total body weight.

Phosphorus is one of the most versatile and prominent elements on planet earth, vital to both environmental and human health.

The Phosphates We Eat



We consume a majority of phosphates through food. Examples include protein-rich foods such as fish, meat, dairy, nuts or poultry, and added to packaged food and beverage products.



Phosphates are added to food and beverage products to improve taste, texture, reduce sodium, and improve sustainability.



Foods with added phosphates often include beverages, baked goods, non-dairy milks, deli meats, and prepared foods.

The Phosphorus We Use



Non-food uses of phosphorus, such as those found in manufactured products, metal treatments, detergents, and fire retardants are greatly different from those found in food.



The way the phosphorus itself is mined or extracted ranges and includes varying degrees of purification.



Phosphorus is an extremely versatile mineral, with thousands of useful and safe applications that include everything from yoga mats to toothpaste.