High phosphate levels in the blood cause kidney diseases. This cause common eye problems.

Dry, red and sore eyes because of impaired blinking and tear formation.

Extra phosphate can settle in the eyes and cause irritation. The cornea, conjunctiva and sclera can be affected. Controlling calcium and phosphate levels in the blood and keeping eyes moist with lubricant eye drops can help.

**Foods Low in Phosphorus**

- Refined Oils
- Mushrooms
- Grapes
- Egg Whites
- Apples
- Lettuce

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