Your kidneys do more than filter waste and extra fluid from your blood. They also:

- Help keep bones healthy.
- Help create red blood cells.
- Help regulate blood pressure.
- Help your body use vitamin D to absorb calcium, which promotes bone formation.
- Remove extra phosphorus from your blood.
- Keep the right amount of phosphorus and calcium balanced in your body.

**HEALTHY KIDNEYS**

**IF YOU HAVE CHRONIC KIDNEY DISEASE**

Your kidneys can’t remove extra phosphorus, so too much stays in your blood.

Your body can’t use vitamin D the right way to absorb calcium, so not enough calcium stays in your blood.

The amount of phosphorus and calcium in your body becomes unbalanced. This causes your body to remove calcium from your bones, making them weak and brittle.

**STEPS TO PREVENT BONE DISEASE**

If you have kidney disease, it is important to take steps to prevent bone disease. Follow your doctor’s treatment plan and work with your dietitian to stay as healthy as you can.

- Limit foods high in phosphorus.
- Take phosphate binders.
- Take a calcitriol supplement.
- Get regular exercise.
- Do not smoke or use tobacco.

**LIMIT HIGH-PHOSPHORUS FOODS**

Canned fish, meat, poultry, fish, dairy, fast food, soft drinks, nuts and seeds, whole grains, beer.

Check labels for hidden “phos” ingredients.