

Know **HOW** your kidneys KEEP YOUR BONES HEALTHY

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

HEALTHY KIDNEYS



Remove extra phosphorus
from your blood.

Help your body use vitamin D
to absorb calcium, which
promotes bone formation.



Keep the right amount of
phosphorus and calcium
balanced in your body.

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 HIGH-PHOSPHORUS FOODS

Amount	% Daily Value*	Ingredient
12g	12%	eggs, sugar, soy-
10g	10%	leavening (baking s-
5g	5%	odium phosphate r
15g	15%	phosphate) contain
2g	2%	of artificial flavor,
27g	9%	lecithin
1g	3%	
25g	25%	

Check labels for
hidden "phos"
ingredients.



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