

DIET & DIALYSIS: CALCIUM

Calcium and phosphorus, along with vitamin D, keep bones and teeth strong.

Calcium also helps muscles and nerves work.

If blood calcium is low, the body pulls calcium from your bones to correct the blood levels.

Too much calcium may be harmful for those who are on dialysis.

Do not take extra calcium or vitamin D unless it is recommended by your doctor or dietitian.

Avoid foods that have extra calcium added (juices, drinks, cereals, dairy products.)

You may be asked to take a phosphate binder that contains calcium. Your doctor and dietitian will make sure your total calcium intake is not too high or too low.

