



Control calcium, feel your best

When you have kidney disease, your kidneys may have trouble keeping your calcium levels balanced, which can lead to calcium buildup in your blood that causes problems with your access and heart disease. That's why it's important to avoid foods or drinks with calcium additives, and discuss over-the-counter medication, vitamins, or herbal supplements containing calcium with your care team.

Tips to manage your calcium

- ✓ Check product labels and choose items without calcium additives.
- ✓ Talk with your care team about which over-the-counter medication, vitamins, or herbal supplements you're taking—some may be a source of hidden calcium.
- ✓ Check with your care team to make sure you are taking the best phosphate binder for you.
- ✓ Limit eating or drinking dairy products. Talk with your care team for your daily allowance.
- ✓ Know which foods have calcium additives, such as fruit juices, nutrition bars or drinks, tofu, and some cereals.



Know your number

A target calcium level
is less than

10.0 mg/dL

My most recent calcium
level is _____ (mg/dL)

Talk with your care team about
your target calcium level.



FIND A BETTER BINDER FOR YOU

Some binders contain calcium. It's important to talk with your care team about the right binder for you. Learn more at [FreseniusKidneyCare.com/ManageBinders](https://www.freseniuskidneycare.com/ManageBinders).



KEEP YOUR MEDICATION LIST UP TO DATE

Make sure you keep track of all over-the-counter medication, vitamins, and herbal supplements you're taking. Download the form today at [FreseniusKidneyCare.com/Medication-List](https://www.freseniuskidneycare.com/Medication-List).

Activity: Find the calcium additives in these food labels

It's important to look for **calcium additives** in everyday products. Talk with your care team about your calcium needs, and check for these phrases and ingredients on food, beverage, and nutrition labels:

- /// Calcium fortified
- /// Calcium gluconate, calcium lactate, tricalcium phosphate
- /// Calcium sulfate
- /// Calcium citrate malate
- /// Calcium carbonate, calcium citrate
- /// Calcium fumarate, calcium chloride

Fortified cereal

Nutrition Facts
Serving Size 1 cup (32g)
Servings Per Container about 9

Amount Per Serving	cereal only	with 1/2 cup skim milk
Calories	130	170
	% Daily Value**	
Total Fat 1.5g*	3%	3%
Cholesterol 0mg	0%	1%
Sodium 160mg	7%	9%
Potassium 50mg	1%	7%
Total Carbohydrate 27g	9%	11%
Sugars 10g		
Protein 1g		

Ingredients: Whole Grain Corn, Sugar, Corn Meal, Corn Syrup, Rice Bran and/or Canola Oil, Salt, Color (vegetable and fruit juice, turmeric extract and annatto extract), Trisodium Phosphate, Natural Flavor, Citric Acid, Malic Acid. Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.

Calcium additives

1. _____
2. _____

Fortified juice

Nutrition Facts
Serving Size 8 fl oz (240mL) 1 cup
Servings Per Container about 8

Amount Per Serving	
Calories 100	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Sodium 10mg	0%
Potassium 50mg	1%
Total Carbohydrate 27g	9%
Sugars 25g	
Protein 0g	

Ingredients: Filtered Water, Cranberry Juice (Water, Cranberry Juice Concentrate), Sugar, Calcium Fumarate, Ascorbic Acid (Vitamin C), Calcium Chloride, Vegetable Concentrate for Color, Natural Flavor.

1. _____
2. _____