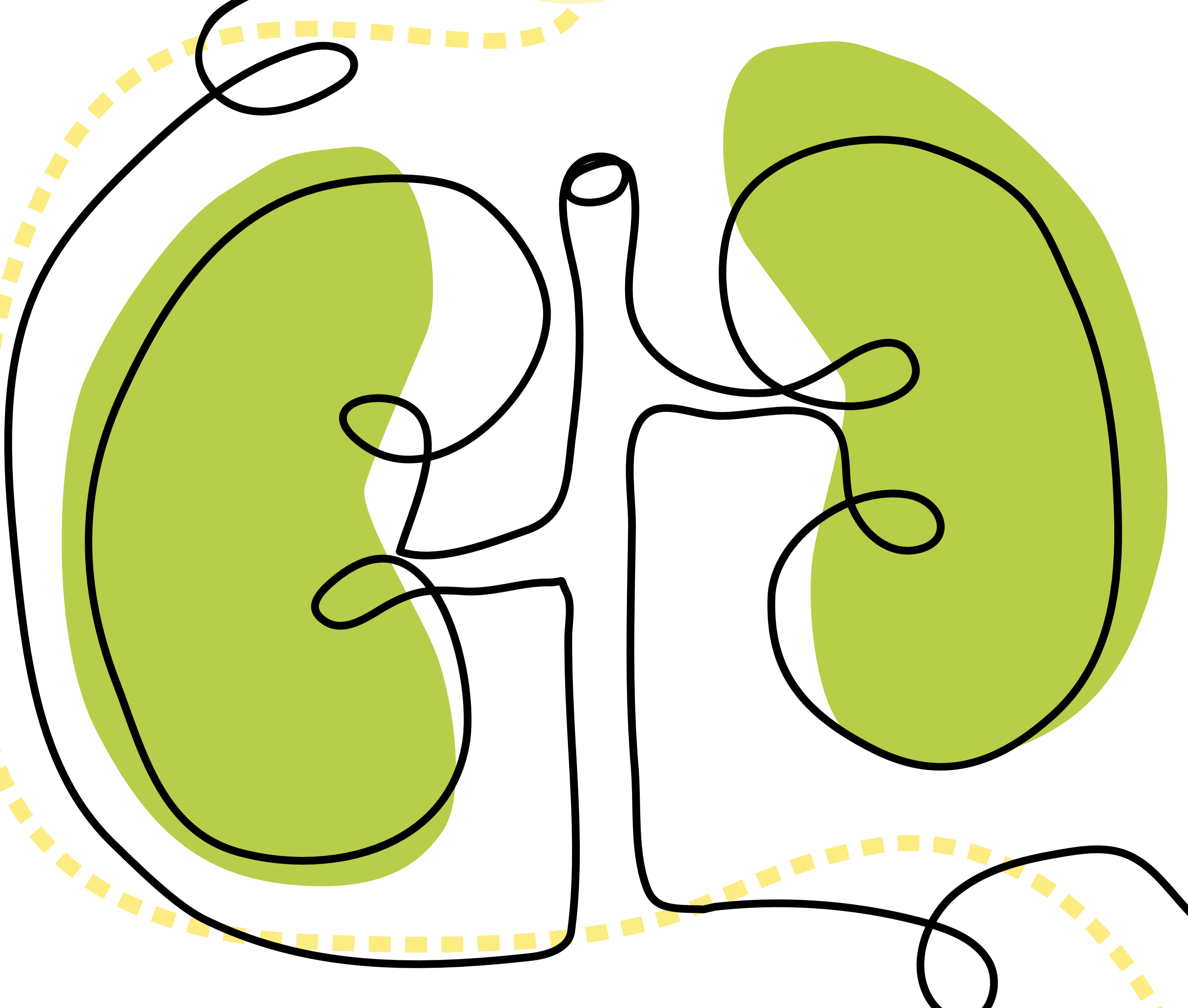


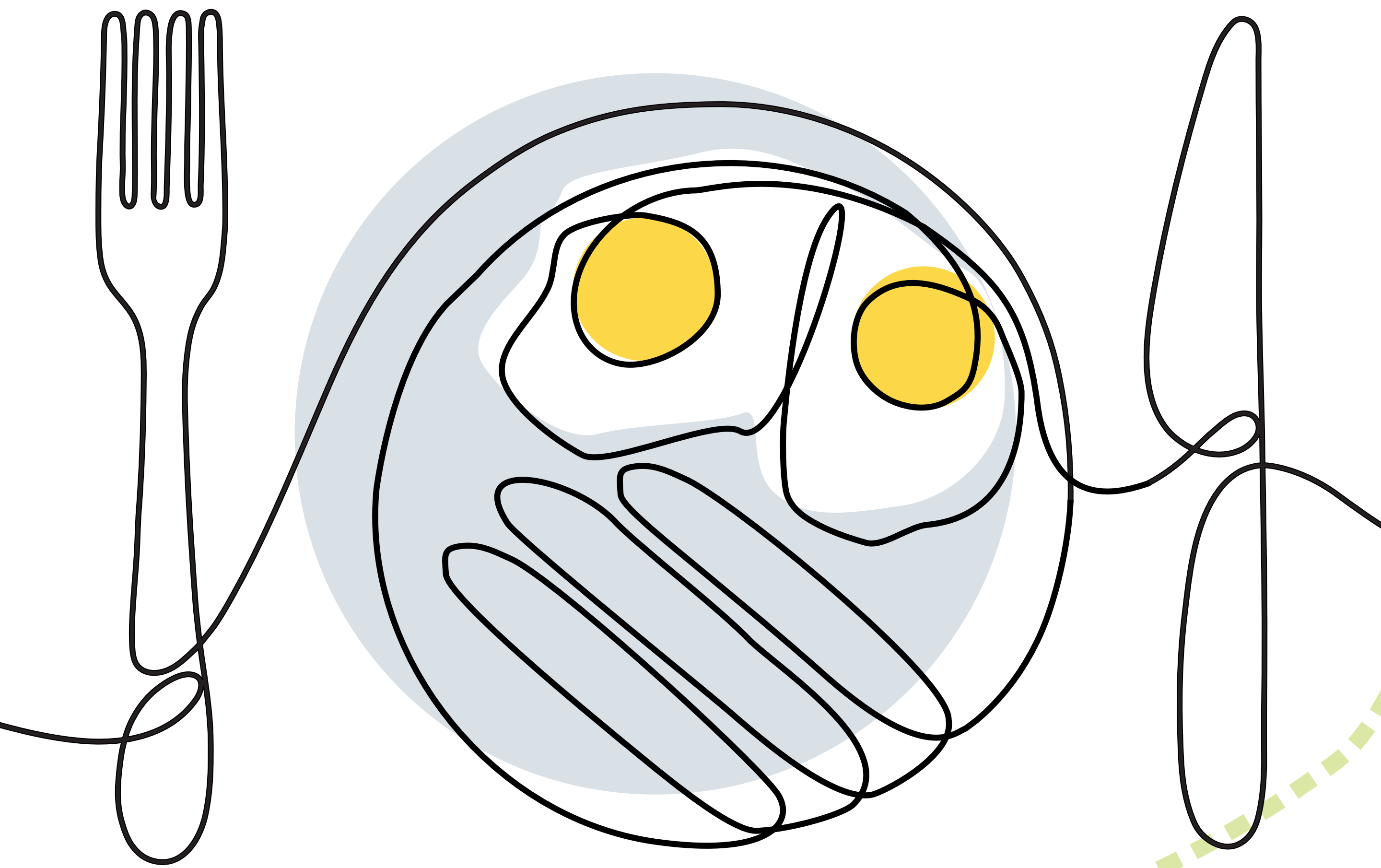
Kidney-Friendly **EATING:**

TOP 3 TIPS



YOUR KIDNEYS PLAY
A BIG ROLE IN FILTERING OUT
WASTE FROM YOUR BODY. WHEN
YOU HAVE CHRONIC KIDNEY
DISEASE (CKD), THEY MIGHT
NOT DO THIS JOB AS WELL.

EASE *Your* KIDNEY LOAD

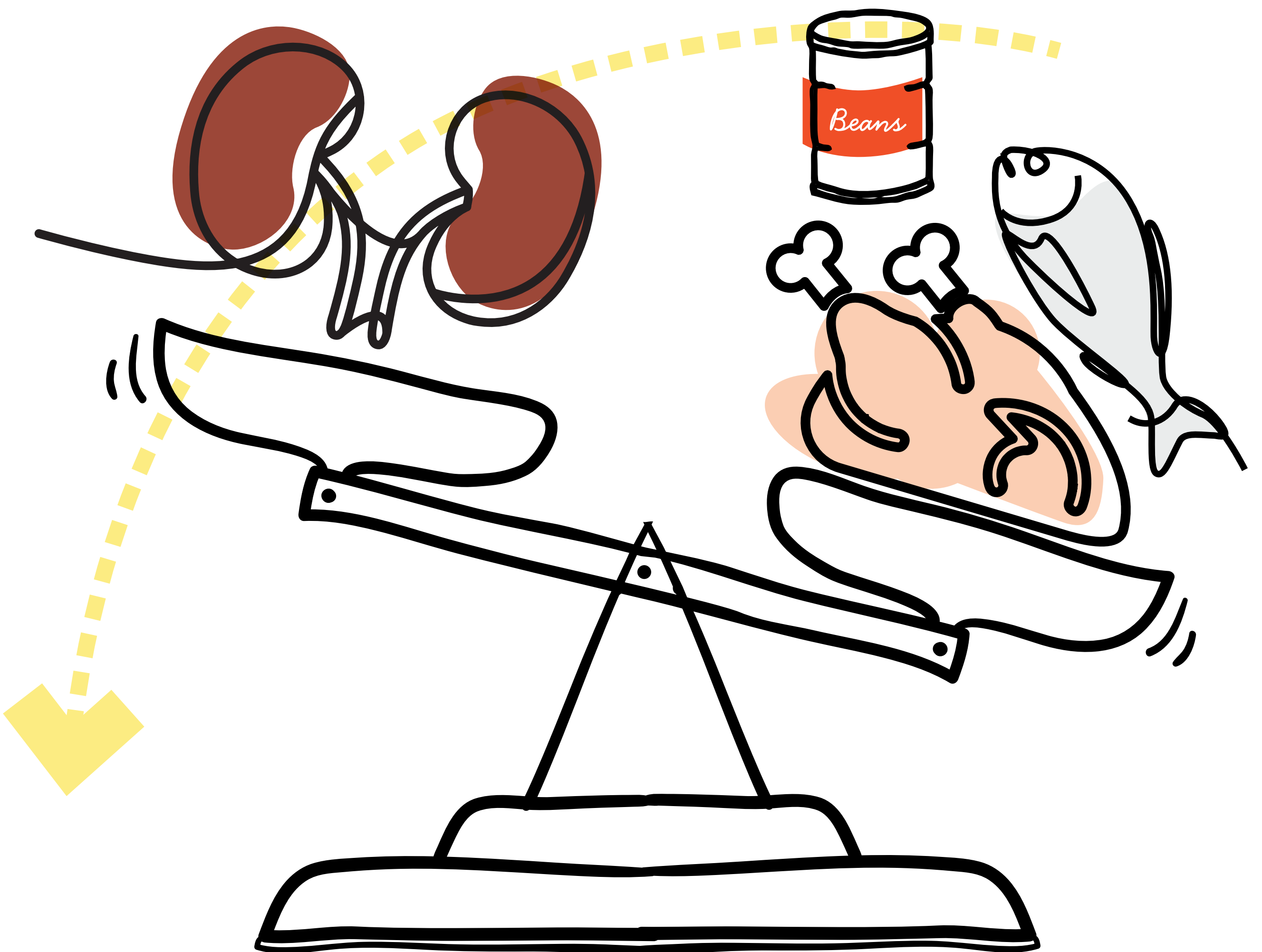


EATING HEALTHY FOODS
THAT ARE LOW IN SOME
NUTRIENTS CAN HELP CONTROL
THE BUILDUP OF WASTE IN YOUR
BLOOD—SO YOUR KIDNEYS
WON'T NEED TO WORK SO HARD.

**HERE'S HOW
TO GET STARTED.**

1. BALANCE OUT *Proteins*

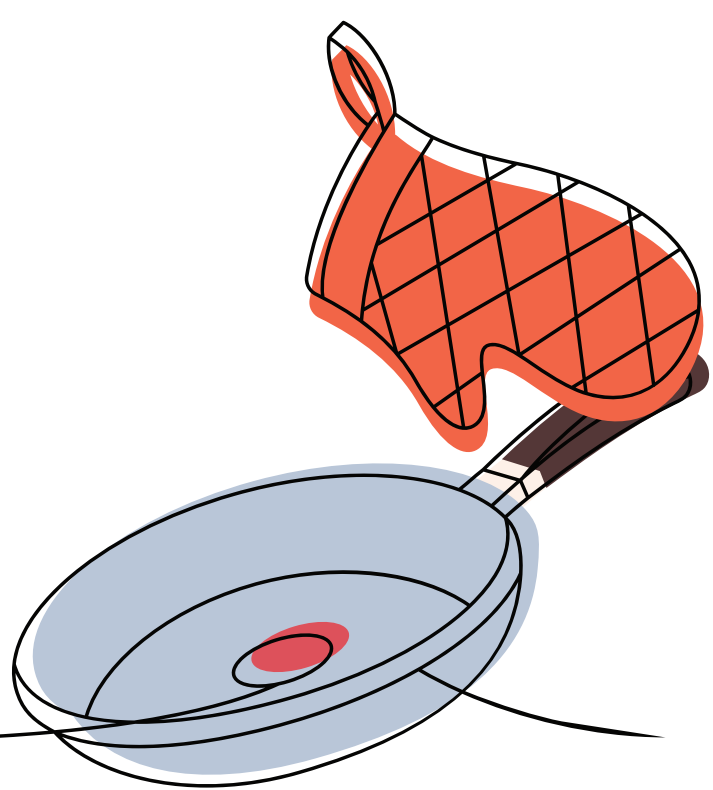
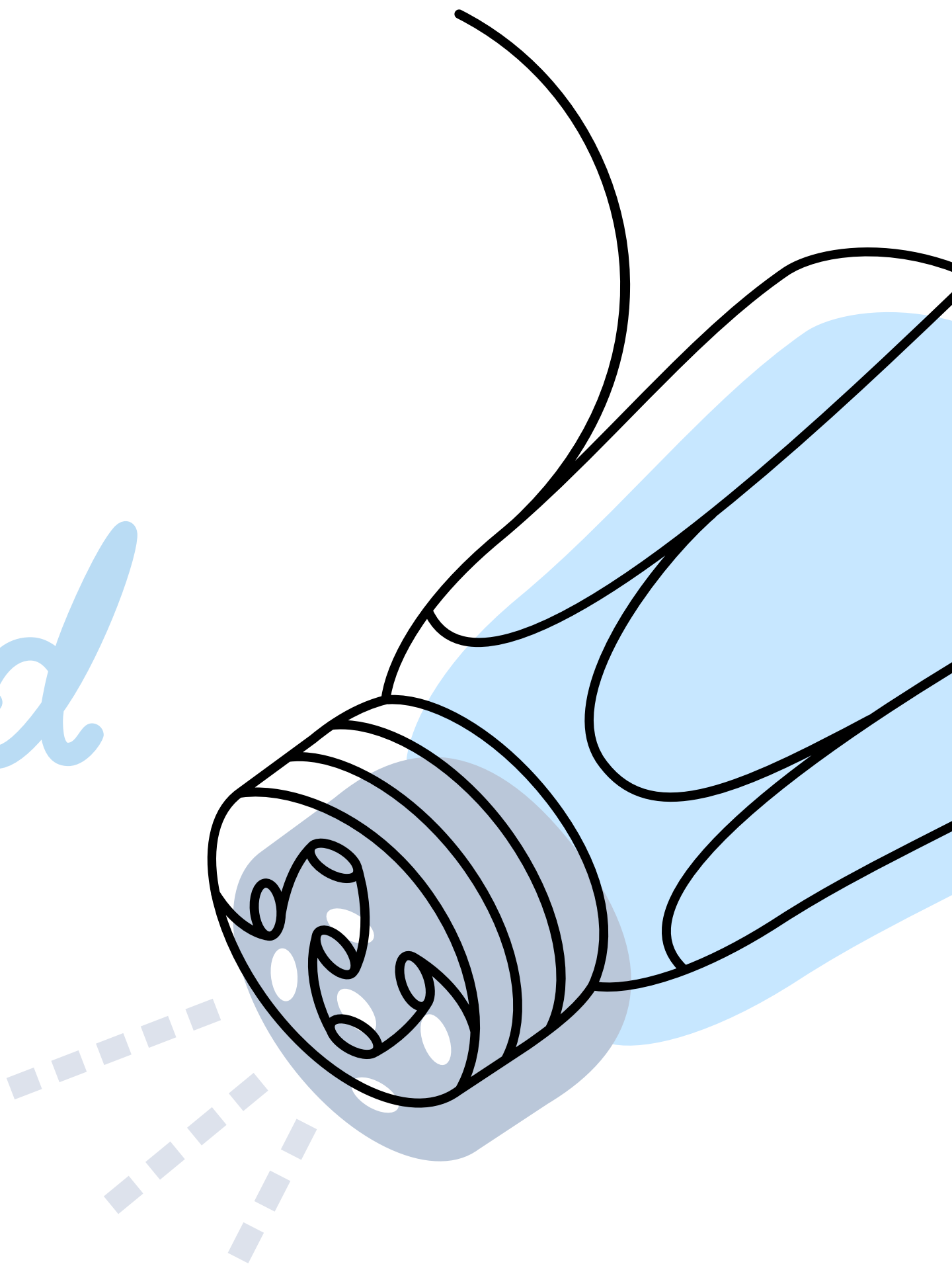
CONSUMING MORE PROTEIN
(THINK MEATS, DAIRY, EGGS,
FISH, POULTRY, AND BEANS)
THAN YOUR BODY NEEDS
CAN LEAD TO MORE WASTE
IN YOUR BLOOD. ASK YOUR
HEALTH CARE PROVIDER HOW
MUCH IS RIGHT FOR YOU.



2.

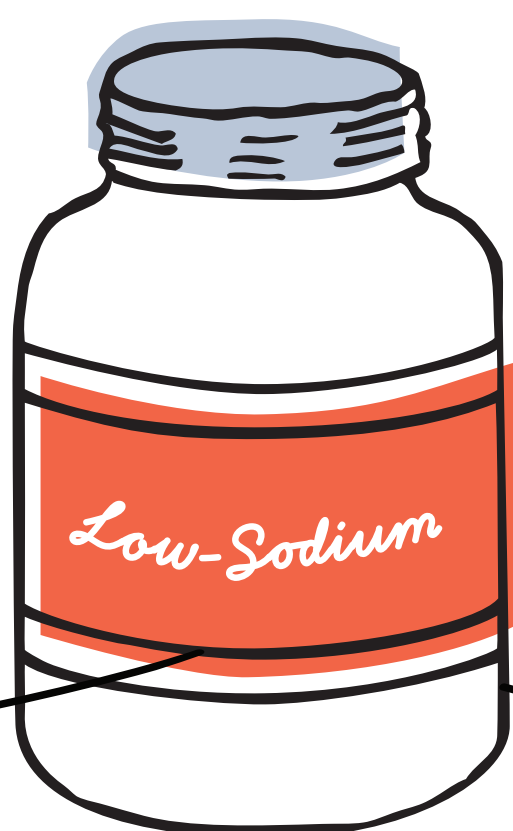
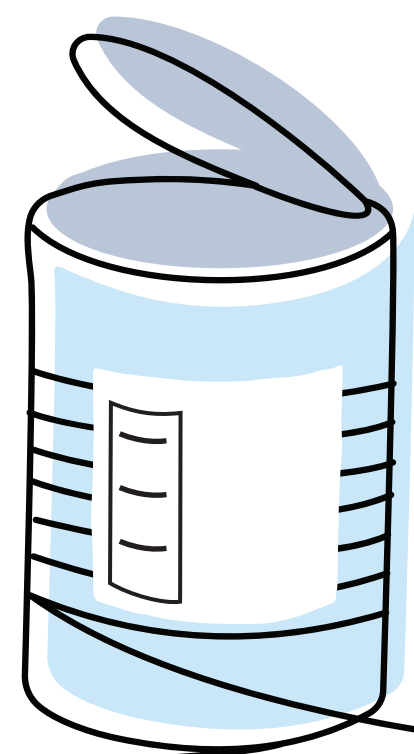
SKIP *Added* SALT

TOO MUCH SALT CAN RAISE YOUR BLOOD PRESSURE AND CAUSE FLUID TO BUILD UP IN YOUR BODY. REDUCE YOUR INTAKE BY:



PREPARING YOUR MEALS AT HOME

READING THE NUTRITION FACTS LABEL ON THE FOODS YOU BUY



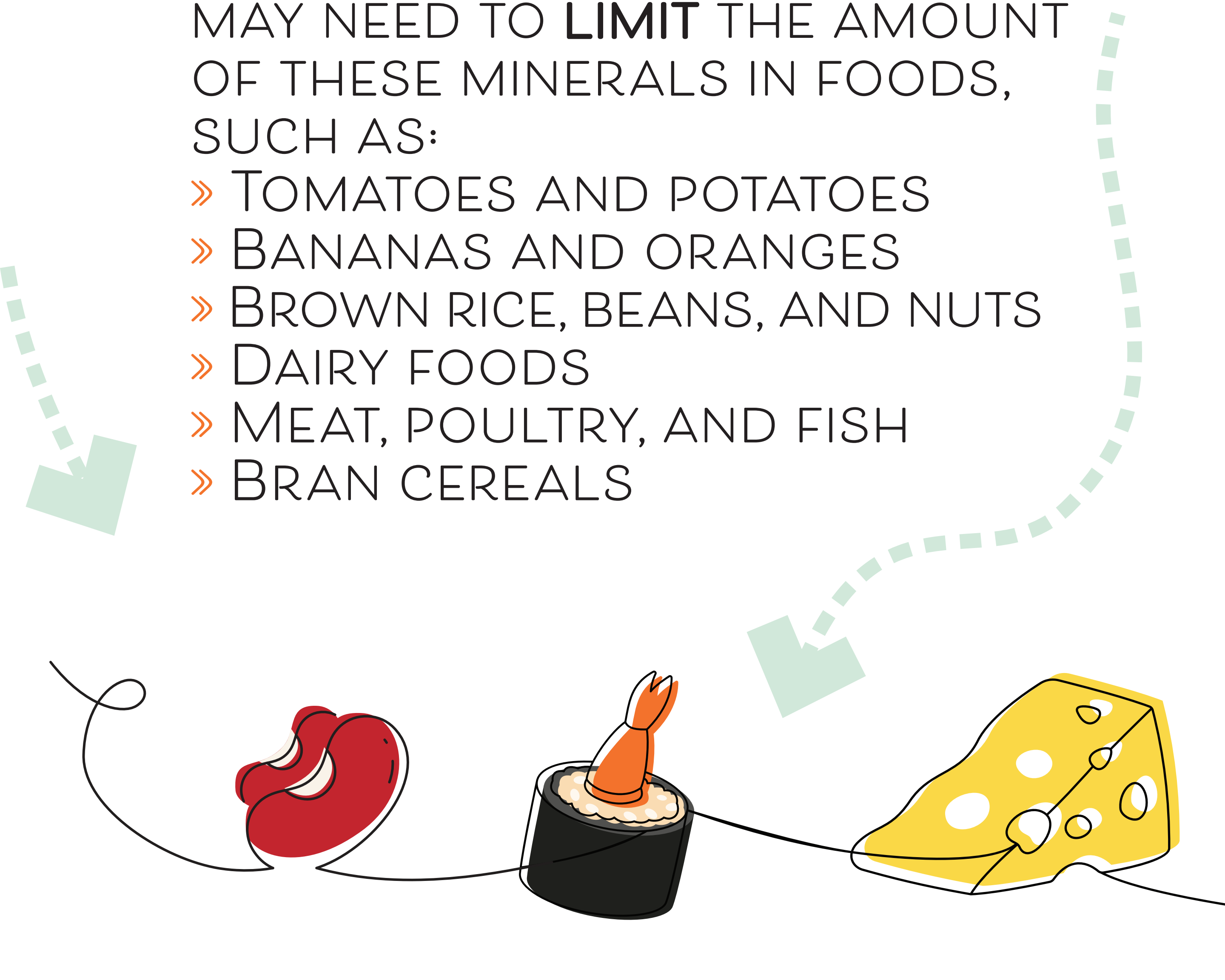
CHOOSING LOW-SALT OR UNSALTED VERSIONS OF FOODS



3.

MIND YOUR *Minerals*

POTASSIUM AND PHOSPHORUS CAN CAUSE HEALTH PROBLEMS WHEN YOU HAVE CKD. YOU MAY NEED TO **LIMIT** THE AMOUNT OF THESE MINERALS IN FOODS, SUCH AS:

- » TOMATOES AND POTATOES
 - » BANANAS AND ORANGES
 - » BROWN RICE, BEANS, AND NUTS
 - » DAIRY FOODS
 - » MEAT, POULTRY, AND FISH
 - » BRAN CEREALS
- 

SMART NUTRITION

Slows

CKD

EATING WELL IS GREAT FOR
YOUR OVERALL HEALTH.
PLUS, IT CAN HELP SLOW DOWN
THE PROGRESSION OF CKD.
REMEMBER, YOUR HEALTH
CARE TEAM AND A REGISTERED
DIETITIAN CAN DESIGN
A MEAL PLAN FOR YOU.

