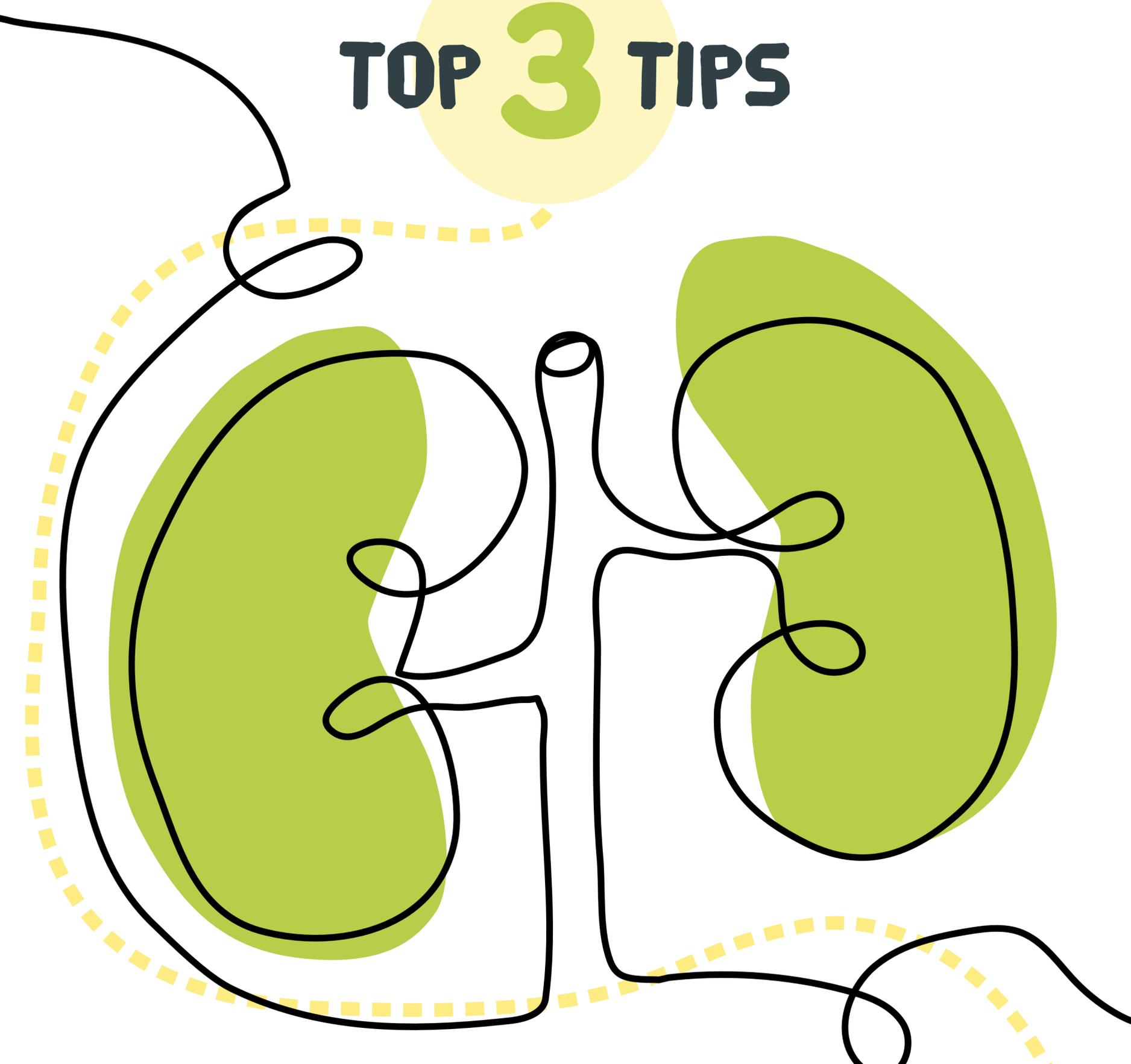


Kidney-Friendly

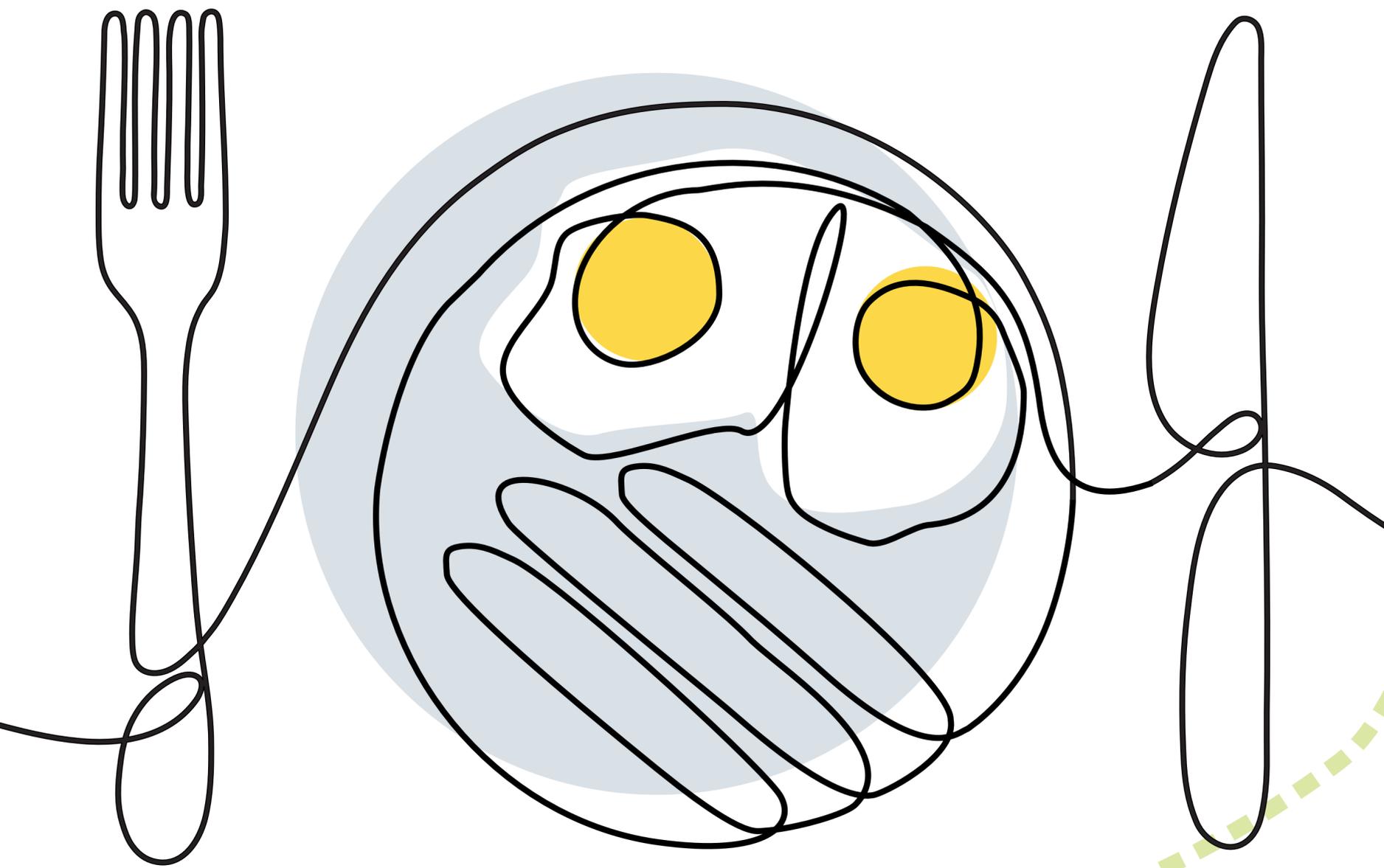
EATING:

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

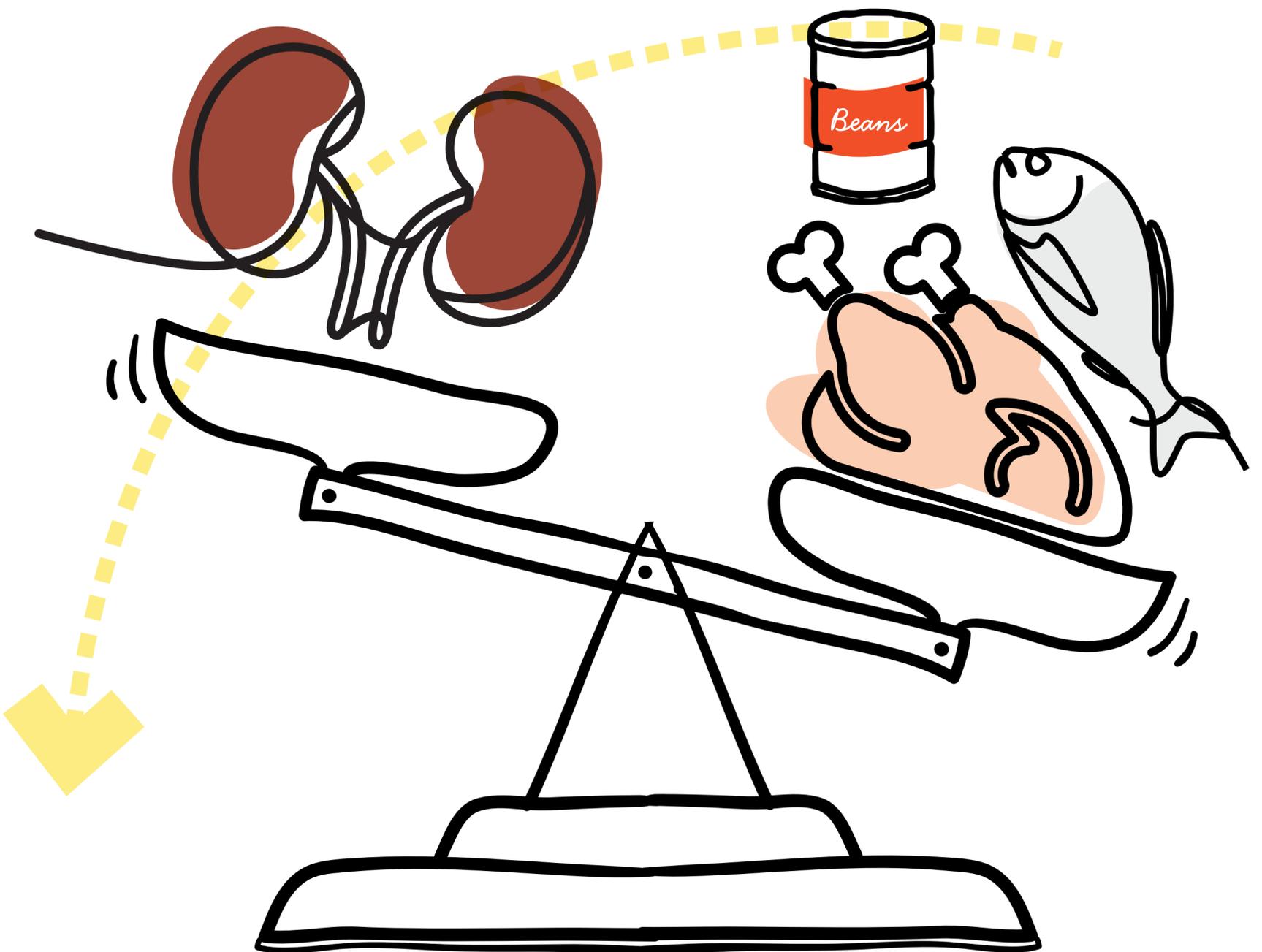


EATING HEALTHY FOODS THAT ARE LOW IN SOME NUTRIENTS CAN HELP CONTROL THE BUILDUP OF WASTE IN YOUR BLOOD—SO YOUR KIDNEYS WON'T NEED TO WORK SO HARD.

**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.

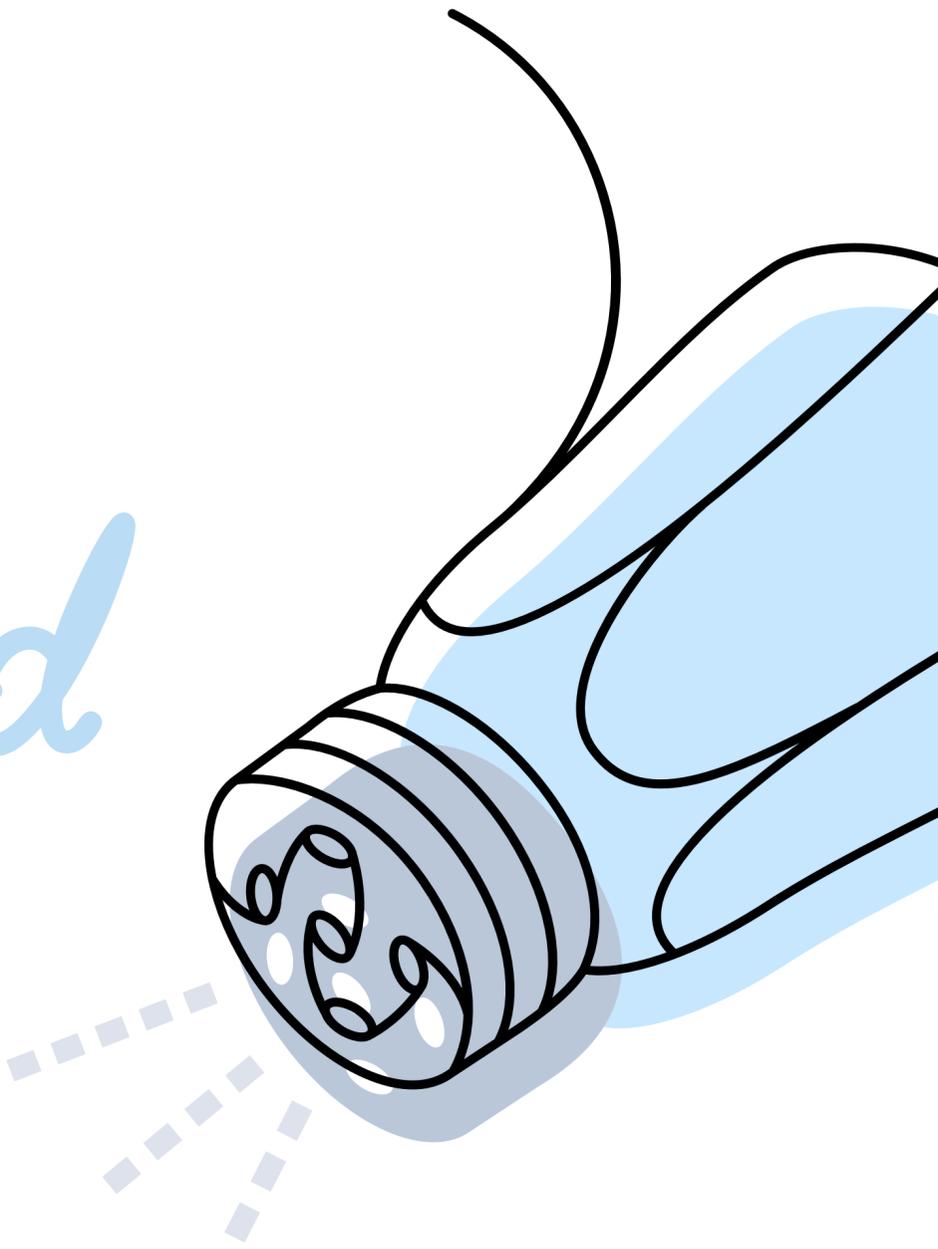


2.

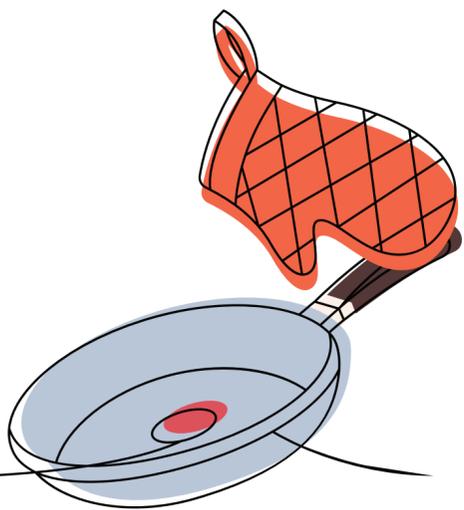
SKIP

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

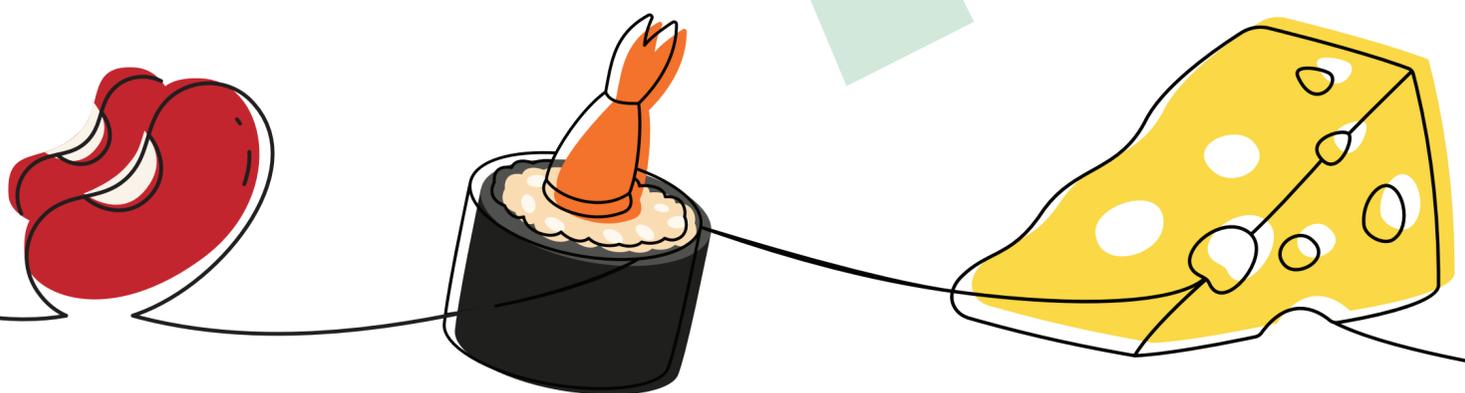


3.

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.

