

# HEALTH TIP

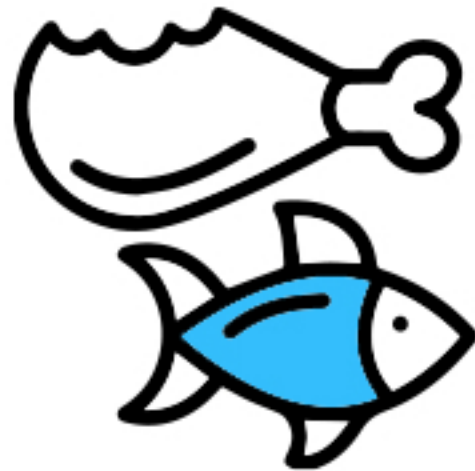
## EATING RIGHT FOR YOUR KIDNEYS

**For people with chronic kidney disease, and those wanting to prevent it, a focus on dietary improvements can make a world of difference for overall kidney health.**



### Lower Salt/Sodium Intake

A diet too high in sodium can negatively affect blood pressure, putting unnecessary strain on the kidneys. Choose foods that are fresh over those that are overly processed or packaged.



### Consume the Right Protein in Appropriate Amounts

Too much protein in the diet can make kidneys work harder than they need to. Consuming appropriate amounts of lean or plant-based proteins can help. Aim for portions that are similar in size to a deck of cards.



### Heart-Healthy Foods Are Kidney Health Foods

Foods touted for heart-health benefits also help prevent kidneys from accumulating fats and toxins. Fill your plate with mostly vegetables, fruits, lean sources of protein and reduce added sauces or unnecessary oils when cooking.



### Monitor Phosphorus and Potassium Levels in Foods

Consuming the right amounts of these ingredients helps your kidneys by ensuring they don't accumulate too much phosphorus or potassium in the blood, which can lead to problems with bones, blood vessels, nerves and muscles.

