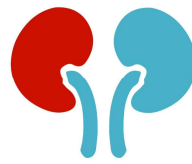


Nutrition and Kidney Health



Renes
CARE

Why Diet Matters for Kidney Health

Eating the right foods can help keep your kidneys healthy and manage existing kidney conditions.

Kidney-Friendly Foods

Fruits: Apples, blueberries, strawberries, grapes.

Vegetables: Cabbage, cauliflower, bell peppers.

Proteins: Chicken, fish, lean beef, egg whites.

Grains: White bread, pasta, rice, unsweetened cereals.

Fats: Olive oil, canola oil, unsalted butter.

Key Nutrients to Monitor

1. Sodium

Limit processed foods, avoid adding salt to meals.

2. Protein

Choose high-quality protein sources.

3. Potassium

Limit high-potassium foods.

4. Phosphorus

Avoid high-phosphorus foods.

5. Fluids

Monitor fluid consumption.

This pamphlet is for informational purposes only and should not replace professional medical advice. Please consult your healthcare provider for personalized care.

Tips for a Kidney-Friendly Diet

Read Labels: Check for sodium, potassium, and phosphorus.

Cook at Home: Gives you control over ingredients.

Stay Hydrated: Drink fluids as advised by your doctor or dietitian.

Limit Processed Foods: May contain high sodium & additives.

Consult a Renal Dietitian: Creates your personalized meal plan.