

Tips for Kidney Health

A diet high in proteins and salt can cause more damage to your kidneys.

Limit salt, soda, meat, milk, and cheese in your diet.

With diabetes, you're at risk for kidney disease. But, you can help prevent it by:

- ⇒ Controlling your blood sugar
- ⇒ Controlling your blood pressure
- ⇒ Controlling your cholesterol

Also protect your kidneys by:

- Taking medicines as prescribed
- Limiting your salt to 1/4 teaspoon or less (1500 mg or less) each day
- Choosing fresh fruits, fresh or frozen vegetables, whole grains, and low-fat dairy foods
- Washing and draining canned foods before eating them
- Being more physically active
- Losing weight, if you are overweight
- Limiting use of ibuprofen or naproxen, and using them only as directed
- Taking steps to quit smoking, if you do
- Stopping or limiting your use of alcohol