



# Kidney Health

## Washington Elementary School District EBT

### Know your kidney health

Your kidneys play an important role in helping your body function properly. If they're not working as well as they should be, you could face certain health risks, such as diabetes, high blood pressure or heart disease. That's why it's important to monitor your kidney function with regular doctor visits and to take preventive measures to ensure your kidneys stay healthy for years to come.

#### Six functions of healthy kidneys

- Regulate your body's fluid levels
- Filter waste and toxins from your blood
- Maintain healthy blood pressure
- Use vitamin D for healthy bones
- Help produce red blood cells
- Balance minerals in blood

### Get involved in early detection

Unfortunately, symptoms of poor kidney function can be hard to detect. Regular checkups and screening tests can help monitor your kidney function before problems arise.

You should have your blood checked regularly for healthy glucose levels, calcium, creatinine levels, total blood count and cholesterol. Each of these factors can indicate whether or not your kidneys are functioning properly.

Make sure to have your urine tested once a year to find early changes in kidney function. Be open with your doctor with any concerns you may have.

Source: [www.kidney.org](http://www.kidney.org)

[www.meritain.com](http://www.meritain.com)

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### Eat right for kidney health

What you eat and drink can help you maintain healthy kidney function. Just follow the tips below to take care of your kidneys and ensure your overall well-being.



**Ease up on salt.** Low sodium foods will help you maintain healthy blood pressure. Make sure you're consuming less than 2,300 milligrams each day. Try buying more fresh foods—salt is usually added to packaged and processed foods. You can also use other spices and herbs as salt alternatives.



**Watch protein sources and sizes.** To help protect your kidneys, you should eat small portions of proteins from both plant and animal sources. Include an assortment of chicken, fish, dairy, nuts, beans and grains in your diet, and keep your portions small. Try filling half your plate with vegetables.



**Choose heart-healthy foods.** You can prevent fat from building up in your blood vessels, heart and kidneys by choosing heart-healthy food options. Try grilling, broiling, baking or roasting rather than frying foods. Replace butter with olive oil or cooking spray, and trim fat and skin from meat and poultry before you eat.

### Other preventive measures

- Exercise regularly to control weight
- Drink more water
- Quit smoking and consume less alcohol
- Avoid NSAID pain relievers
- Keep blood pressure regulated

*This flyer is solely for informational purposes and is not intended to provide medical advice. You should consult with your healthcare provider regarding any questions you have about your health and/or medical treatment.*

