

Tips for Healthy Living

“Avoid kidney enemies and swap unhealthy habits for kidney-friendly choices.”

Harmful

- Smoking – Stop! Get help! Talk to your doctor about how to quit smoking.
- High Cholesterol - Eat foods that are low in saturated fats.
- High Blood Pressure - Take all medications as prescribed.
- Physical Inactivity - Increase your activity to a goal of 30 minutes per day.
- Obesity - Eat fewer calories and find a pleasurable activity to add to your day.
- Unhealthy Stress Response - Identify “triggers;” develop strategies to reduce stress.
- Excessive Alcohol Use - Drink in moderation.
- Illegal Drugs - Stop! Get help! Talk to your doctor about how.

Guidelines for a Healthy Diet

- Eat fewer high-fat foods.
- Keep your fat intake to less than 30% of your daily calories.
- Replace some saturated fat with unsaturated fat.
- Limit saturated fat to 8-10% of your total daily calories.
- Lower your cholesterol intake to less than 300 mg per day.
- Choose foods high in fiber.

Tips for Eating Out

- Choose broiled or poached entrees.
- Ask the chef to trim excess fat from meats.
- Ask for oil-and-vinegar dressing, on the side.
- Use margarine instead of butter.
- Use skim milk in your coffee or tea.
- Avoid cream-based sauces.
- Select sherbet, sorbet or fresh fruit for dessert.

