

## 10 Facts about Kidneys, Health and Nutrition

- I. The kidneys filter approximately 50 gallons of blood every day.
- II. You can help your kidneys by drinking plenty of water/fluids daily.
- III. Kidneys help clean the waste products carried in the blood.
- IV. Eating a healthy, moderate protein and low sodium diet can help protect your kidney function.
- V. Research shows that vegetable/plant protein is easier for your kidneys to process than animal protein.
- VI. Maintaining a healthy weight can help with your overall health, hypertension, diabetes and other illnesses.
- VII. Diabetes and Hypertension are the leading causes of damage to the kidneys. Controlling blood glucose and blood pressure can help prevent kidney disease.
- VIII. Exercise can help with weight loss and can aid in controlling blood glucose and blood pressure levels and other illnesses.
- IX. Did you know that many restaurant and fast food meals have over 1000mg of sodium? A healthy diet recommends less than 2000 mg of sodium PER DAY.
- X. There are 5 different Chronic Kidney Disease stages. Do you know yours?

