

7

KEYS TO SUCCESS: KIDNEY-FRIENDLY EATING

Following a kidney-friendly diet can be overwhelming! These 7 tips can help you overcome some of the challenges of living with a restricted diet.



1

Educate yourself, your family, and your friends about your special diet.

2

Eating out? **Talk** to the manager or **ask** for an ingredient list.



3

Find info and encouragement in a CKD support group.

4

Focus on the foods you *can* eat, not the ones you can't.



5

Set up a healthy, organized kitchen. **Review** the foods you have and donate or give away any that you need to avoid.



6

Improve your health and **save money** by cooking your own meals. **Plan** your menu to make certain dishes on certain days, so you can look forward to eating throughout the week.



7

Read food labels carefully to make safe and healthy food choices. **Look for** foods that limit salt and sodium, sugar, phosphorus ("phos" ingredients) and potassium.