Protecting your kidneys



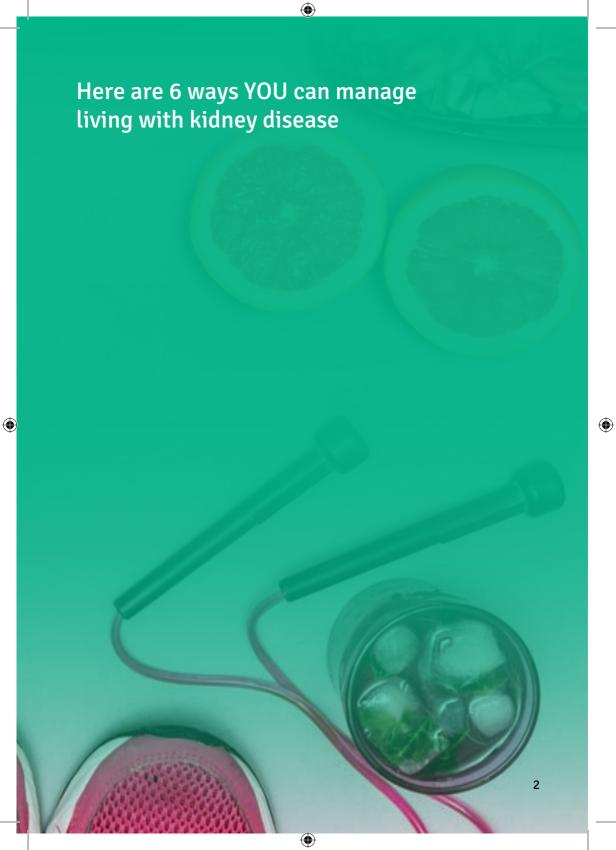
Diet and lifestyle recommendations















Diet

- Low salt (sodium) intake; maximum 6g
- Hydration (at least 1.5 2L per day)



Exercise

- 150 mins per week e.g. walking 5 times/ week for 30mins, swimming or anything that is fun and active for you!
- Mealthy weight



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Medications

Taking prescribed medications



Other lifestyle changes

- No smoking
- We realise this can be a lot, so start with 1-3 goals and take it from there!



The Point-of-Care (POC) Kidney Clinic

Useful links

African & Caribbean
Eatwell Guide
London Kidney Network



South Asian -Kidney Kitchen Magazine Kidney Care UK



For more detailed information about your kidneys (available in 40 languages)





