

Protecting your kidneys



Diet and lifestyle recommendations

KING'S
College
LONDON



Here are 6 ways YOU can manage living with kidney disease

Diet and lifestyle tips



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!
- Healthy weight



Medications

- Taking prescribed medications



Other lifestyle changes

- No smoking

i 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)



What should I read next?

5 – Medication recommendations

