

How can you help your body to be strong and healthy?



Diet and Nutrition

The foods you eat and drink can help or hurt your body. Make sure to eat a balanced diet of fruits, vegetables, breads, meats and dairy products. If you have kidney disease there may be some foods and drinks that you need to avoid. Your kidneys help to keep a balance of nutrients in your body such as salt and calcium. Eating too much salt can be bad for your body and your kidneys. Talk with your doctor or a kidney dietitian about what food is right for you.



Exercise

Your body likes to run, jump and play. Exercise helps to keep your body in good shape! Getting enough exercise is important and will help your body stay strong inside and out.



Medications

Only medicine a doctor prescribes for you is safe. Doctors know what kind of medicine can help your body. NEVER share medicine with anyone else. No one's body is exactly like someone else's body. Doctors give different medicines to different people. Make sure to take your medications exactly as your doctor tells you to.



Alcohol and Drugs

Drugs and alcohol can be harmful to your body. When you have kidney disease you need to be even more careful about what you put into your body. When your kidneys are damaged, they are not able to filter your blood as well as they should. Remember it is OK to say no to drugs and alcohol.

For more information, contact the National Kidney Foundation

Toll-free help line: **855.NKF.CARES** or email: **nkfcare@kidney.org**