



Eat Healthy!

Eating healthy can help prevent or control diabetes, high blood pressure and kidney disease. A healthy diet has a balance of fruits, vegetables, whole grains, dairy products, lean meats and beans. Even small changes, like limiting salt (sodium) and fat, can make a big difference in your health.

How can I limit salt in my diet?

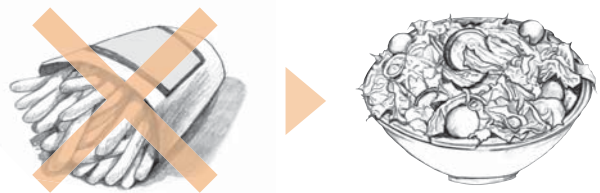
- Do not add salt to your food when cooking or eating. Try cooking with fresh herbs, lemon juice or other spices.
- Choose fresh or frozen vegetables instead of canned vegetables. If you do use canned vegetables, rinse them before eating or cooking with them to remove extra salt.
- Shop for items that say “reduced-sodium” or “low-sodium.”
- Avoid processed foods like frozen dinners and lunch meats.

How can I limit fat in my diet?

- Choose lean meats or fish. Remove the skin and trim the fat off your meats before you cook them.
- Bake, grill or broil your foods instead of frying them.
- Shop for fat-free and low-fat dairy products, salad dressing and mayonnaise.
- Try olive oil or canola oil instead of vegetable oil.
- Opt for egg whites or egg substitute rather than whole eggs.

How else can I make healthy food choices?

- Drink water or milk instead of sugary drinks.
- Snack on fresh fruits and vegetables instead of chips and cookies. Many fruits and vegetables travel well and can be packed up for when you’re on the go.
- Check the nutrition facts on your food labels and pick foods that are low in salt and fat.
- Avoid fast food. If you decide to eat out, choose healthier menu items and try to plan ahead. Some restaurants list their nutrition facts online to help you make wise choices.



Choosing healthy foods is a great start. But, eating too much of healthy foods can also be a problem. The other part of a healthy diet is portion control (watching how much you eat).



Important! Talk to your doctor before making any changes to your diet.

Tips for estimating portions



Palm (3 ounces)

1 serving of meat, chicken, turkey or fish



Handful (1 ounce)

1 serving of snack food, cheese



Fist (1 cup)

1 serving of cooked vegetables, salad, casserole, stew



Tip of thumb (1 tablespoon)

1 serving of salad dressing, cream cheese



Bottom of fist (½ cup)

1 serving of fruit, potatoes and corn, dried beans, rice or noodles, cereal



Tip of finger (1 teaspoon)

1 serving of butter, margarine, oil, mayonnaise

How can I learn to limit how much I eat?

- Eat slowly and stop eating when you are not hungry anymore. It takes about 20 minutes for your stomach to tell your brain that you are full.
- Check nutrition facts to learn the true serving size of a food. For example, a 20-ounce bottle of soda is really two and a half servings.
- Do not eat directly from the bag or box. Take out one serving and put the box or bag away.
- Avoid eating when watching TV or driving.
- Be mindful of your portions even when you do not have a measuring cup, spoon, or scale.

Where can I learn more?

American Kidney Fund

To learn more about a healthy diet and how to protect your kidneys, call our toll-free HelpLine at 866.300.2900, visit our website at: www.kidneyfund.org, or email: helpline@kidneyfund.org.

National Heart, Lung and Blood Institute (NHLBI)

To learn more about a low-fat and low-sodium diet for people with high blood pressure, contact NHLBI at 301.592.8573 or visit: www.nhlbi.nih.gov.

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

To learn more about a healthy diet for people with diabetes, contact NIDDK at 800.891.5390 or visit: www.niddk.nih.gov.

United States Department of Agriculture (USDA)

For help making a healthy meal plan, visit USDA at: www.mypyramid.gov.

Live it! Protect your kidneys by eating a healthy diet to prevent or control diabetes, high blood pressure and chronic kidney disease. Pick low-fat and low-salt foods, and be aware of how much you are eating. Talk to your friends and family about eating healthy and think about making small changes together.

