

Do's and Don'ts for keeping your Kidneys healthy:



Do's



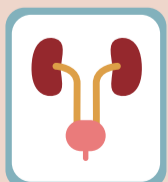
Stay hydrated – Drink at least 2 litres of water everyday



Include Green Vegetables in your diet- They reduce oxalate levels. Few foods to include in your diet to keep your kidney healthy: Berries, Olive oil, red grapes, cauliflower, cabbage, egg whites, garlic, bell pepper, onion, radish, pineapple.



Exercise regularly – Regular walks & Yoga can increase the blood flow to the kidney.



Get regular kidney function screening.

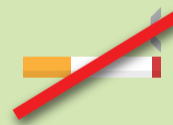
Don'ts:



Don't overhydrate



Avoid- Low sodium food, dried fruits, bananas, potatoes, dairy products, tomatoes, orange, processed meats, processed food.



Stop smoking – smoking slows down the functioning of kidneys.



Cut down on Sugar- It absorbs more calcium and magnesium which leads to kidney stones.



Stop drinking alcohol – Alcohol consumption increases your blood pressure which is the common cause of kidney disease.