

## Other Aspects of Preventing CKD

1) **More sleep:** kidney function is regulated by the sleep-wake cycle and sleep helps coordinate the kidney's workload over 24 hours

2) **Less alcohol:** too much can lead to high blood pressure and makes the kidneys less able to filter the blood

3) **Less stress:** in addition to increased blood pressure, faster heart rate, and higher fats and sugar in the blood, stress can lead to kidney damage as there is increased strain on the kidneys



## Free Clinics

### North East Medical Services - Lundy Clinic

- 1870 Lundy Avenue San Jose, CA, 95131
- (408) 573-9686
- Services in Cantonese, Mandarin, Vietnamese, Mien, and medical Spanish
- Affordable for low-income insured and uninsured

### Rotacare Bay Area

- 100 Oak St. San Jose, CA, 95158
- (408) 715-3088
- Free for uninsured and underserved

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## Resources to Learn More



# Lifestyle and Kidney Health

Preventing CKD through our choices





## Importance of Nutrition

A healthy diet meets your body's needs and is balanced and varied. Good nutrition helps provide energy for daily tasks, prevent infection, help maintain a healthy weight, and most importantly slow down the progression of kidney disease.

Start changing your diet by reading food labels!

## Kidney-friendly Diet

01

- Low sodium intake
- fresh or frozen fruits, whole grain rice or frozen fruits, canned beans, eggs, sodium-free seasonings

02

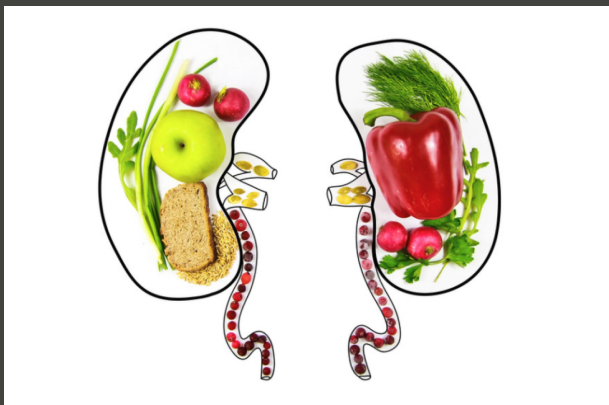
- No excess protein
- chicken, fish, meat, eggs, dairy, beans, nuts; not excessively

03

- Low phosphorus intake
- fresh fruits and vegetables, bread, pasta, light-colored soda, corn and rice cereals

04

- Low potassium intake
- apples, white bread, cooked rice and wheat cereals, grape or cranberry juice



Connect with a renal dietician to adjust your diet to meet your specific needs!

## Physical Activity

Weight management is important as obesity may develop high blood pressure within the blood vessels in kidneys.

### Try:

- Casual walking everyday
- Bicycling
- Jumping jacks, push-ups, burpees
- Swimming
- Stairs instead of elevator

### Places to exercise:

Mission Dolores Park

- Dolores St & 19th St, San Francisco, CA 94114

Ohlone Park

- Milvia St, Berkeley, CA 94704

Seven Seas Park

- 1010 Morse Ave, Sunnyvale, CA 94089

Your home!

