

# 7 Tips for Kidney Health

PhysiciansCommittee  
for Responsible Medicine



Keeping your kidneys healthy is key to your overall health. Healthy kidneys filter and get rid of waste products. That helps your whole body stay well.

**Follow these seven tips to keep your kidneys healthy.<sup>1</sup>**

## Tip 1: Eat Less Meat

Eating red and processed meat makes you much more likely to get chronic kidney disease. Eating red meat also boosts your risk for kidney failure. Instead, aim for a vegan diet. Kidney patients who eat a vegan diet are healthier than those who eat meat. Plus, it helps you keep your weight and blood pressure in a healthy range.

## Tip 2: Be Active

Being active helps your kidneys stay healthy. Try to be active for at least 30 minutes each day. Ask your doctor how much activity is right for you.

## Tip 3: Stay at a Healthy Weight

Staying at a healthy weight is good for your kidneys. And eating more whole plant foods is the healthiest way to do this.

## Tip 4: Sleep Well

Sleep is important for kidney health. Aim for seven to eight hours of sleep each night.

## Tip 5: Quit Smoking

Tobacco products can make kidney problems worse. If you smoke, ask your doctor to help you quit.

## Tip 6: Limit or Avoid Alcohol

Drinking alcohol boosts your risk for high blood pressure and being overweight. Both of these can harm your kidneys.

## Tip 7: Reduce Stress

Stress is hard on your kidneys. So do things that help you lower stress. These include yoga, meditation, spending time alone, and being active.

### Vanilla Berry Sorbet

*Makes 4 servings*

This refreshing sorbet makes for a great snack or dessert! Just 1 cup of raspberries has 8 grams of fiber. Insoluble fiber—found in whole grains, fruits, vegetables, beans, and bran—acts like a broom, cleaning your digestive tract. While most people get only 10 to 15 grams of fiber a day, 40 grams per day is recommended for healthy people.

### Ingredients

- 2 cups raspberries or strawberries, frozen or fresh
- 1/4 cup maple syrup or agave
- 1 teaspoon pure vanilla extract
- 1/8 teaspoon almond extract (optional)

### Directions

In a blender, combine all the ingredients and blend until smooth. Adjust the sweetness to taste, if needed. Pour into a freezer-safe container, cover, and freeze for at least 3 hours, until firm. To serve, let thaw.

*Recipe courtesy of [Chernice Lane Benjamin](#)*

### References

1. National Institute of Health. National Institute of Diabetes and Digestive and Kidney Diseases. Preventing Chronic Kidney Disease. Accessed May 18, 2022. <https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/prevention>

PHOTOS: GETTY IMAGES • 22328-NTR • 20220804