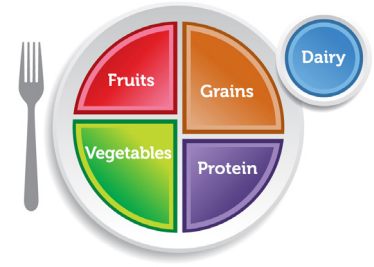




A Pioneering Area Agency on Aging

# Kidney Health



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One in three Americans are at-risk for developing kidney disease. Risk factors include being diabetic, having high blood pressure, having a family history of the disease, and being over age 60. As we age, our kidney function gradually starts to decline. Often times there are no symptoms and the disease can go undetected until it's very advanced. According to a study by John Hopkins University, more than 50 percent of adults over age of 75 are believed to have kidney disease. The National Kidney Association recommends having an annual screening for individuals over age 60 and those in high-risk groups.

Eating a healthy diet is important for our body's overall health and to promote a healthy kidney function. There are several "super" foods identified by the National Kidney Association as having a positive impact on kidney health.

## Apples

Apples are a good source of fiber, packing in about 4 grams per serving. It contains a soluble fiber called pectin that can help lower cholesterol and glucose levels. It is also a source of antioxidants and anti-inflammatory compounds, which can have positive benefits on kidney health. Apples are great to add in as a snack or dessert. Try thinly slicing an apple, sprinkling with cinnamon, and microwaving for approximately two minutes – delicious!



## Blueberries

Blueberries contain a high amount of antioxidants called anthocyanins. These antioxidants have been shown to protect the body against free radicals that may cause cancer and heart disease. Blueberries are available all year round but their peak season is in the spring. Frozen blueberries are also a great option. Try adding in some blueberries to your oatmeal, yogurt, or smoothie for a sweet treat!



## Fish

Fish provide healthy fats called Omega-3 fatty acids, which are essential to our body. Omega-3 fatty acids have been shown to have positive effects on heart health by lowering blood pressure and triglyceride levels. More research has emerged that higher intake of omega-3 fatty acids may help protect against kidney disease. Salmon, albacore tuna, mackerel, herring and sardines are all good sources of Omega-3 fatty acids.



The American Heart Association recommends consuming fish at least two times per week. Baked salmon with lemon juice, ground black pepper and some fresh/dried dill is a delicious and easy meal!

## Cabbage

Cabbage is a cruciferous vegetable that is packed full of phytochemicals that can help protect against damage from free radicals. Cabbage is also high in Vitamin K, Vitamin C and fiber.



There are many ways you can add cabbage to your diet. Try steaming, boiling or microwaving with some light seasonings and a little bit of butter. Chop and add to your favorite salad.

There are many foods that we can incorporate into our diet to help promote healthy kidney function. If you have been diagnosed with kidney disease, discuss any diet-related changes with your doctor or registered dietitian.



This fact sheet is distributed to help you obtain useful information regarding available community services and is not an inclusive list of providers. The information is subject to change following publication.

# Health Foods for Kidney Function

S D R C S D B B S R Y B L R B  
 D T F R R C C L E E Y T A C L  
 M P H G K A H U I I L S A P Z  
 O S O Z B N N E R Z P P L L D  
 L G R B X O R B R B A Q P P A  
 I Z A X M I O E E R C M B A S  
 V G A I K N Y R B R I B R J E  
 E I F N H O R R W Z R E D B P  
 O I V S E I N I A H A I S O A  
 I Q I N E B L E R G J U E W R  
 L F J S X P E S T K Z B H S G  
 E G G W H I T E S Y Z O M M D  
 S R E P P E P D E R K M H Q E  
 C A U L I F L O W E R J H T R  
 Q L F X U Q X C I L R A G I M

APPLES

BLUEBERRIES

CABBAGE

CAULIFLOWER

CHERRIES

CRANBERRIES

EGG WHITES

FISH

GARLIC

OLIVE OIL

ONION

RASPBERRIES

RED GRAPES

RED PEPPERS

STRAWBERRIES

