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British Columbians are affected by kidney disease—and many don't even know it.

An initiative of:

**BCRenal**  
Provincial Health Services Authority



Reduce your chances of developing kidney disease by adopting a kidney/heart smart diet and following these tips!

Drink more water throughout the day

Over 50? Take vitamin D

**Minimize High-Sodium Foods:**

- processed/ convenience foods
- soy sauce
- teriyaki sauce
- potato chips
- cured meats
- salted nuts
- bacon
- pretzels
- pre-seasoned rice
- pasta mixes
- dry soup mixes
- breaded foods
- pickled foods

Check your blood pressure regularly

Choose fresh and frozen food over canned food

Reduce your salt intake—get rid of your shaker and make your own seasoning!

Use beans, lentils, tofu and other meat alternatives more often



\*Try new fruits and vegetables for more variety!

- 1 tbsp each:  
dry mustard, paprika, garlic powder, onion powder
- 1.5 tsp:  
black pepper
- 1 tsp each:  
basil, thyme



Season your food with lemon juice, garlic, herbs and spices, instead of salt.

Eat 1 dark green + 1 orange veggie every day

Do 30-60 minutes of activity a day



Check your kidney health online: [kidneyhealthcheck.ca](http://kidneyhealthcheck.ca)