



“Food for Thought - Knowledge for Action”

March 2017 - National Kidney Month: Raise Awareness

Kidney Functions

HELPS REGULATE
blood pressure with the release of hormones

HELPS CONTROL
the production of red blood cells

FILTERS OUT
waste from 200 liters of blood per day

REGULATES
the potassium, salt and acid content in the body

REMOVES
drugs from the body

BALANCES
the level of fluids within the body

PRODUCES
an active form of vitamin D essential for healthier bones

Dialysis

Is a LIFE SAVING form of renal replacement therapy, a treatment which does some of the things done by healthy kidneys.

It filters out bodily waste and removes excess fluids
Balances electrolyte levels including bicarbonate, calcium, potassium, chloride, phosphate, magnesium
Can be done in a hospital, in a dialysis unit that is not part of a hospital, or at home



You can live an active lifestyle while on dialysis!

Speak with your Doctor, Dietitian or Social Worker for more information.



Healthy Foods for People with Kidney Disease



Cabbage



Garlic



Cauliflower



Apples



Onions



Blueberries



Raspberries



Strawberries



Cherries



Fish



Eggs



Red Grapes