



Keeping Your Kidneys Healthy



Overview

Kidneys help cleanse your body of waste. Keeping them healthy is important. Let's look at some ways you can do that.

Drink water

First, make sure you're drinking enough water. Most people need about four to six glasses daily. Typically, that's enough. You can drink more, but it likely won't boost kidney health.

Nutrition

Next, eat a well-balanced diet. Eat things like whole grains, lean proteins, fruits and vegetables. Limit sugar, salt and unhealthy fats. And avoid fast food.

Exercise

Now, focus on physical activity. Regular exercise helps control weight and blood pressure. Both impact kidney health. So try to exercise every day if possible. Choose activities that get your heart pumping, like walking, jogging, swimming or cycling.

Smoking, vaping and alcohol

Now, let's talk about a few things you know are bad for you: smoking, vaping and alcohol. Smoking harms your blood vessels. That's bad for kidney health. We're still learning about how the chemicals in vaping solutions affect your body. To be safe, you need to avoid them. So if you smoke or vape, quit. And drinking alcohol can lead to weight gain. That can undermine your exercise and dietary goals. So if you choose to drink alcohol, limit how much you drink.

Use with care

And finally, use over-the-counter drugs and supplements with care. Drugs we commonly use to control pain can harm your kidneys if used too often. Vitamins and herbs may seem healthy, but some can cause kidney issues. So talk about these with your doctor. And ask your doctor for more tips.