

Nutrition tips to achieve a healthy weight

Being at a healthy weight can support your kidney health and help manage diseases like hypertension and diabetes. Use these tips to help achieve a healthy weight.

Being at a healthy weight provides important health benefits:

- ✔ Protects your kidney function
- ✔ Strengthens your immune system and heart health
- ✔ Improves your blood sugar, blood pressure, and cholesterol levels
- ✔ Increases your energy
- ✔ Increases your chances of a successful kidney transplant

Make small lifestyle changes to help you achieve a healthy weight:

- ✔ Fill up on fruits and vegetables. Aim for 5 servings of fruits and vegetables every day.
- ✔ Choose high-fiber foods to feel fuller longer. Good sources of fiber include whole grains, fruits, legumes, and vegetables.
- ✔ Limit processed foods like packaged snack foods, chips, cookies, fast food, sausage, and hot dogs.
- ✔ Limit sugary beverages and alcohol.
- ✔ Look for heart-healthy fats like salmon, nuts, seeds, and olive oil.
- ✔ Balance your plate. Aim to fill $\frac{1}{2}$ the plate with fruits and vegetables, $\frac{1}{4}$ with whole grains, and $\frac{1}{4}$ with protein rich foods.
- ✔ Move your body! Aim for 30 minutes 5 days per week. All movement counts! Talk to your doctor before starting any exercise program.



Choose safe and realistic weight loss goals

Your care team can help you determine a healthy weight and eating plan that is right for you.

My current weight is:

My goal weight is:

_____ (lb/kg)

by _____ (date)

Steps I'll take to reach my goal



We can help!

Work with your care team to create a plan to achieve a healthy weight.