6 Tips to change to a kidney-friendly lifestyle & eating pattern

**SIT LESS**
- Avoid take aways & ultra processed foods
- Do not add salt when cooking or at table
- Beware of hidden sodium

**MOVE MORE**
- Prepare home cooked meals using fresh foods
- Cook from scratch
- Flavour foods with herbs, spices & chilis
- Add home made dressings

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Avoid white, refined foods

Limit red meat
Avoid processed meat
Avoid all hard & processed cheese

Brick margarine
Ghee

Add fiber

Choose white

Include plant protein

Cottage cheese
Milk
Dry Beans
Dry Peas
Chickpeas
Lentils

Hummus
Dahl

Tofu
Soy beans

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