HEALTHY FOOD & LIFESTYLE PATTERNS FOR CKD

Exercise daily

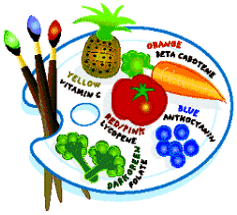
Buy fresh foods

Avoid ultra processed foods

Work towards a <u>total</u> sodium intake of 1500mg daily = 2/3 teaspoon

Flavour foods with herbs & spices

Eat homemade meals
Cook from scratch



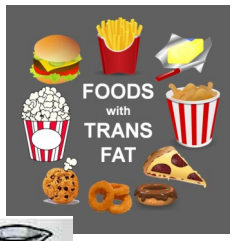
Enjoy colourful vegetables & fruits, 6 servings daily
Monitor potassium

Give preference to white meat & fish. Incorporate dried beans, lentils, chickpeas, cottage cheese, tofu & peanut butter

Choose 1/2 cup low-fat dairy products daily

Include olive oil & canola oil as source of Ω 3 & 6 fatty acids

Avoid saturated & t - fats



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