Food tips for healthier kidneys

Making good food choices can help keep your kidneys (and the rest of you) healthy.

- Reduce your salt intake. Try seasoning your food with lemon juice, garlic, herbs or spices instead. Ask for sauces and dressings on the side.

- Minimize foods that are high in sodium such as potato chips, cured meats, salted nuts, bacon, breaded and pickled foods.

- Choose fresh food over frozen and canned foods.

- Be adventurous and try out some new fruits and vegetables. Consult with your physician first but generally eating 2-3 cups of fruits and vegetables a day is recommended. Dark green and orange veggies can be especially good!

- Try and use beans, lentils and tofu over meats.

- Stay away from sugary drinks. Did you know a 20 ounce sugary drink has about 250 empty calories? Drink lots of water, unsweetened tea or low-fat milk throughout the day.

Rogosin Institute

For more information please visit
www.rogosin.org

The Rogosin Institute is a non-profit kidney disease treatment and research center that is a member of the NewYork-Presbyterian Regional Hospital Network and an affiliate of Weill Cornell Medicine in New York City. Rogosin is also a pioneer in research on the causes, treatment, and prevention of conditions that contribute to chronic kidney disease such as diabetes, lipid disorders, high blood pressure and obesity.

PEAK
Program for Education in Advance Kidney Disease

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Get all the support you need to manage your kidney disease

PEAK is a program of
Rogosin Institute

What is PEAK?

The Program for Education in Advanced Kidney Disease (PEAK) has been designed to help you learn about your kidney health and receive the best care from a dedicated team of people. As part of the PEAK program you will learn how best to manage your kidney health and hear about the various treatment options. Our emphasis is on education and we are committed to explaining all your options early and allowing you to participate in the therapy and treatment plan that is right for you.

Family members or friends are welcome and encouraged to attend your appointments.

Interpreters are available on request. To arrange one for your visit please call 212-746-1578.

Your first appointment

Your first appointment with the PEAK team may last up to 90 minutes. Followup appointments typically take 60 minutes.

When you arrive at the clinic please check in with the receptionist.

Please bring a list of all current medications, your health insurance information and of course any questions you have.

Who is on the PEAK team?

You
The most important person on the PEAK team is you!

Nurse Practitioner
The nurse practitioner will help assess and manage your kidney health.

Nurse educator
Will help you understand your treatment options and provide guidance on renal replacement therapies.

Social worker
Our social worker is there to provide information regarding any support or additional services that you need.

Dietitian
The dietitian can help you adapt your diet based on your medical issues to help you achieve an optimal weight.

Back row (from left to right:) Lauren Wiener, Dr. Frank Liu, Dr. Andrew Bohmart, Lisa Walters, Sandra Pressman, Dr. Thomas Parker, Dr. Dan Levine
Front row: Dr. Daniel Cukor, Roberta Billman, Barbara Desiderio, Dr. Bruce Gordon, Ollie Fielding

Things you can do to help keep your kidneys healthy

Exercise regularly
Aim for 30 minutes a day.

Stay hydrated
Drinking water helps remove waste products and toxins and prevents tiredness, low energy and headaches.

Balanced diet
Nutrients help build and strengthen bones and muscles and also regulate blood pressure. See overleaf for some tips on what foods will keep your kidneys in tip top shape.

Avoid alcohol and tobacco
Both can negatively affect your blood pressure and your kidney's ability to filter out toxins.

Take your medications
If you are unsure about your prescription please chat with a nurse or your doctor.