

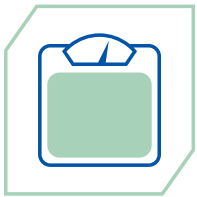
Achieving healthy weight loss goals

It's important to maintain a healthy weight when living with kidney disease. Losing weight safely can reduce your chance of developing or worsening risk factors for kidney disease, like type 2 diabetes and high blood pressure. It can also help protect your kidney function and increase your chances of a successful kidney transplant. Healthy weight loss is achievable. You can start by adopting a kidney-friendly diet and making small changes to your daily routine.



Weight loss can provide important health benefits

- /// Stronger immune system and cardiovascular function
- /// Better blood sugar and blood pressure control
- /// Better cholesterol levels
- /// Increased energy



Small lifestyle changes can help you lose weight

- /// Choose fresh foods, like vegetables and fruits, instead of processed foods
- /// Avoid sugary beverages and alcohol
- /// Look for heart-healthy fats like salmon, nuts, seeds, and olive oil
- /// Eat plant-based proteins to help with weight loss, improve blood pressure, and manage diabetes
- /// Add 15 minutes of movement to your daily routine and work up from there
- /// Get adequate, quality sleep every night



TIP: To feel full longer, fill at least half of your plate with high-fiber foods like fruits, vegetables, beans, seeds, lentils, nuts, and whole grains. Visit [FreseniusKidneyCare.com/Recipes](https://www.freseniuskidneycare.com/Recipes) for kidney-friendly recipes and tips.

Know your weight

When tracking your weight loss, choose safe and realistic goals. Losing or gaining weight too quickly can cause health complications, including changes in your blood pressure and/or breathing. Your care team can help determine a safe goal for you.

My current weight is:

A safe goal weight is:

_____ (lb/kg) by _____ (date)

Steps I'll take to reach my goal:



We're always here for you

Work with your doctor or a dietitian to create a plan to help you manage your weight. By taking control of your health, you'll have more energy to live the life you love.