
Living Well with Chronic Kidney Disease

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How do your kidneys keep you healthy?

Your kidneys perform many important jobs.

Your kidneys work around the clock to keep your body in balance. You may not think about it, but your kidneys play an important role in your health and well-being.

Your kidneys:

- **Filter waste products and extra fluid** from your blood, which leave your body as urine
- **Help balance fluids and minerals**, like sodium and potassium
- **Help control your blood pressure**
- **Support healthy bones** by activating vitamin D
- **Produce a hormone that helps your body** make red blood cells

If your kidneys become damaged, they may not be able to work as well as they should. Over time, waste can build up in your body and increase your risk for other health problems. Learning how your kidneys work is the first step toward keeping them healthy.

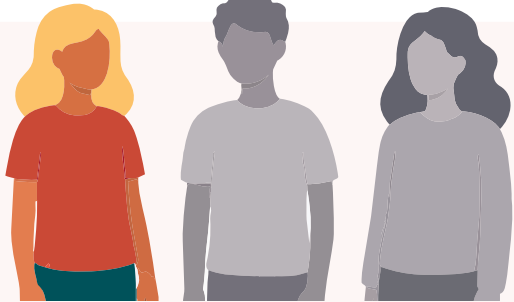
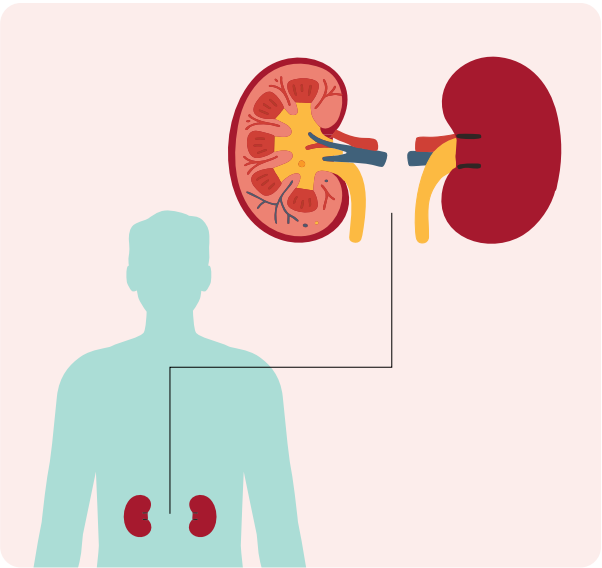
CKD affects how your kidneys work.

Chronic kidney disease (CKD) is an ongoing condition that usually develops slowly over time. It happens when your kidneys become damaged to the point that they can't filter waste and extra fluid from your blood as well as they should. Over time, this can cause waste products, toxins, and extra fluid to build up in your body.

Many people with CKD don't notice symptoms in the early stages. As the disease progresses, some people may develop symptoms such as:

- Swelling in the feet, ankles, legs, or hands
- Feeling more tired than usual
- Muscle cramps
- Changes in urination
- Dry or itchy skin
- Nausea
- Loss of appetite

Because early CKD often has no symptoms, regular checkups and kidney tests are important to help find CKD early, when treatment may help slow its progression.



One in three people living with diabetes has CKD.

Aim to reach your blood glucose (blood sugar) and blood pressure targets to help prevent or delay CKD or keep it from getting worse.

What increases your risk of CKD?

Anyone can develop CKD, but some people have a higher risk than others. Some risk factors can't be changed, such as your age, family history, or race.

Manageable CKD risk factors:

► Blood glucose (blood sugar)

Diabetes is one of the most common causes of CKD. Over time, high blood glucose can damage the tiny blood vessels in your kidneys.

⚡ What You Can Do

Work with your healthcare team to create blood glucose targets and a treatment plan to manage your blood glucose. Your treatment plan will include taking medications as prescribed, following an eating plan, getting emotional support, and being physically active. Following your treatment plan will help lower your risk of CKD and other diabetes-related complications.

► High blood pressure (hypertension)

High blood pressure is another common cause of CKD. Over time, it also damages the blood vessels in your kidneys. Most people with high blood pressure don't have symptoms, so getting it checked is important, especially at healthcare visits.

⚡ What You Can Do

Have your blood pressure checked regularly and work with your healthcare team to reach your target range. An eating plan, physical activity, emotional support, and medications, when needed, can help you manage your blood pressure.

► Heart disease

Heart disease and CKD are closely connected. Having heart disease can increase your risk of developing CKD, and CKD can also increase your risk of heart disease.

⚡ What You Can Do

Work with your healthcare team to manage your heart health by following your treatment plan. This may include taking medications as prescribed, following an eating plan, staying physically active, and keeping your blood pressure, blood glucose, and cholesterol within your target ranges.

► Overweight and obesity

Living with overweight or obesity raises your risk of high blood pressure and diabetes, two of the biggest risk factors for developing CKD. This means you're at higher risk for CKD.

⚡ What You Can Do

Work with your healthcare team to create a treatment plan that meets your needs and helps you reach your health goals. Treatment plans include emotional support, an eating plan, and physical activity. If you're living with obesity, medications or metabolic bariatric surgery may also be options.

► Smoking, vaping, and tobacco use

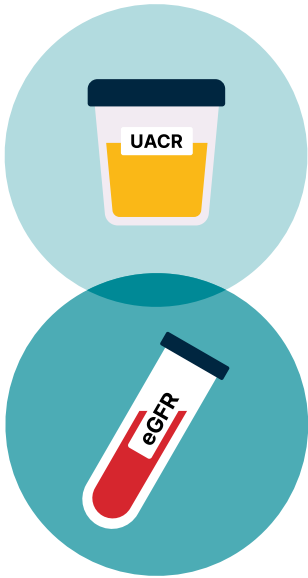
Smoking, vaping, and using tobacco products can increase your risk of CKD. Tobacco use can damage your blood vessels and reduce blood flow to your kidneys. It can also raise blood pressure, increase LDL ("bad") cholesterol, and lower HDL ("good") cholesterol, increasing your risk of kidney damage over time.

⚡ What You Can Do

If you smoke, vape, or use tobacco products, talk with your healthcare team about resources to help you quit. You can also call **1-800-QUIT-NOW (1-800-784-8669)** for free support.

How can you find out if you have CKD?

Because you can have CKD without noticing symptoms, getting your kidneys tested to see how they’re working is important.



The two most common tests used to check how well your kidneys are working include:

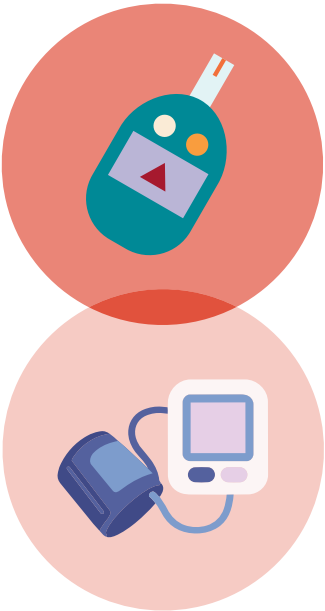
- **UACR**
The UACR (urine albumin-to-creatinine ratio) is a urine test that checks for albumin, a type of protein. Healthy kidneys keep albumin in your blood, but damaged kidneys may allow it to leak into your urine. Even small amounts of albumin in your urine can be an early sign of CKD.
- **eGFR**
The eGFR (estimated glomerular filtration rate) tells you how well your kidneys are filtering waste from your blood. If you have CKD, your eGFR is also used to help you and your healthcare team know what stage of CKD you have.

Your healthcare professional may recommend additional blood tests, urine tests, or imaging tests to better understand your kidney health or determine the cause of kidney disease.

Other Related Health Checks

Along with the tests that let you know how well your kidneys are working, other lab tests can give you information about your health and risk factors for CKD:

- **A1C test**
The A1C test gives you a picture of your average blood glucose (blood sugar) over the past 2 to 3 months. If you are living with diabetes, keeping your A1C in your target range can help lower your risk of kidney damage and other diabetes-related complications. Your healthcare team will work with you to decide your target A1C. The American Diabetes Association® (ADA) recommends a target of less than 7% for most adults living with diabetes.
- **Blood pressure**
Blood pressure is the force of blood pushing against the walls of your arteries. Keeping your blood pressure within your target range can help protect your kidneys and slow the progression of CKD. Work with your healthcare team to decide the blood pressure target that will help you reach your health goals. The ADA recommends a target blood pressure below 130/80 mmHg for most adults living with diabetes.



What is your stage of CKD?

CKD falls into one of five stages based on how well your kidneys are working. Your healthcare team uses your kidney tests to find out which stage you’re in and to monitor changes in how well your kidneys are working. As CKD progresses, your kidneys filter less waste and extra fluid from your blood.

Knowing your CKD stage early helps you and your healthcare team create a treatment plan that fits your needs and helps you reach your health goals. The goals of treatment are to help keep you feeling well and prevent or delay more damage to your kidneys.

Your treatment plan may include an eating plan, physical activity, and medications to help you manage your blood glucose (blood sugar), blood pressure, and other health conditions. Regular healthcare visits help your healthcare team monitor your kidney health and make changes to your treatment plan as needed.

The five stages of CKD include:

-  **Stage 1**
Your kidneys are working well, but there are early signs of kidney damage.
-  **Stage 2**
Your kidneys are still working the way they should, but there are signs of ongoing kidney damage.
-  **Stage 3**
Your kidneys are not filtering waste as well as they should.
-  **Stage 4**
Your kidneys have advanced damage and are working much less effectively.
-  **Stage 5**
This stage is also known as end-stage renal disease (ESRD). Your kidneys can no longer filter enough waste and extra fluid from your blood to meet your body’s needs. At this stage, dialysis or a kidney transplant is needed to do the work your kidneys can no longer do.

If you reach Stage 5 CKD, your healthcare team will work with you to discuss your treatment options.

These may include:

- **Hemodialysis**, which uses a machine to filter waste and extra fluid from your blood.
- **Peritoneal dialysis**, which uses the lining of your abdomen (belly) and a special cleaning solution to remove waste and extra fluid from your body.
- **A kidney transplant**, which replaces your damaged kidney with a healthy kidney from a donor.

Your healthcare team will explain each option and help you choose the treatment that best fits your health needs and lifestyle.

Understanding the results of your lab tests can help you and your healthcare team find out about kidney issues early, make decisions about your treatment plan, and monitor your kidney health over time.

Planning Balanced Meals

As CKD progresses, your kidneys may have trouble keeping the right balance of certain minerals, such as potassium and phosphorus. Depending on your stage of CKD and your lab results, your healthcare team may recommend changes to the amount of these nutrients in your eating plan.

Building a Healthy Eating Plan

Healthy eating is one of the most important ways to support your kidney health and overall well-being. Creating balanced meals can help you manage your blood glucose (blood sugar), blood pressure, and weight, which all affect your kidney health. One simple way to start planning balanced meals is using **the Diabetes Plate**, an easy meal planning tool that can help you build balanced meals without counting, calculating, weighing, or measuring food.

The Diabetes Plate

The Diabetes Plate uses a nine-inch plate to help you create a meal with a healthy balance of vegetables, protein, and carbohydrates. Your plate will be divided into three sections:

1 Non-starchy vegetables

2 Lean protein

3 Quality carbohydrates



For your beverage, choose water or a zero-calorie drink whenever possible.

1. Fill half your plate with non-starchy vegetables.

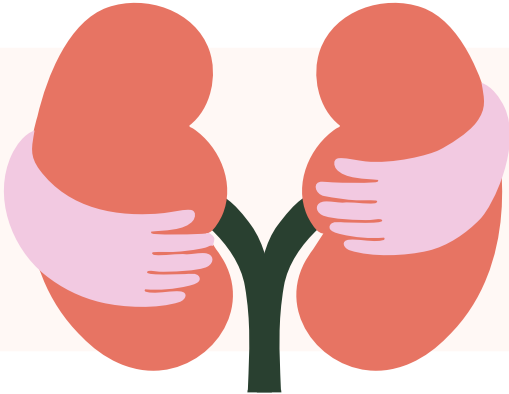
Start by filling half of your plate with non-starchy vegetables. These vegetables are naturally low in carbohydrates and are packed with vitamins, minerals, and fiber to support your overall health. They also have less of an effect on your blood glucose (blood sugar) than starchy vegetables.

Fresh, frozen, and canned vegetables are great choices. If you choose canned vegetables, look for options labeled “no salt added” or “low sodium” to help limit your sodium intake.

Examples of non-starchy vegetables:

Leafy Greens ▪ Lettuce ▪ Spinach ▪ Arugula ▪ Endive ▪ Kale (K) ▪ Collard greens (K) ▪ Mustard greens (K) ▪ Swiss chard (K)	Cruciferous ▪ Broccoli (K) ▪ Brussels sprouts (K) ▪ Cabbage (green, red, napa, and Chinese) ▪ Cauliflower ▪ Bok choy Peppers ▪ Bell peppers ▪ Hot peppers (jalapeño, poblano, and others)	Root and Tuber ▪ Carrots (K) ▪ Radish or daikon ▪ Jicama Squash ▪ Zucchini ▪ Yellow squash ▪ Chayote ▪ Spaghetti squash	Other Vegetables ▪ Eggplant ▪ Celery ▪ Cucumber ▪ Leeks ▪ Mushrooms (K) ▪ Nopales (cactus) ▪ Okra (K) ▪ Onions ▪ Tomatoes (K) ▪ Tomatillos (K) ▪ Green beans, pea pods, snow peas, and sugar snap peas
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(K) = High in potassium



Healthy eating is one of the most important ways to support your kidney health and overall well-being.

2. Fill one-quarter of your plate with lean protein.

Protein helps build and repair muscles and supports your overall health. As CKD progresses, your kidneys may have a harder time processing protein. Depending on your stage of CKD and your treatment plan, your healthcare team may recommend eating more or less protein. Before making changes to the amount of protein you eat, talk with your healthcare team or a registered dietitian nutritionist (RDN).

Choose lean protein foods that are grilled, baked, broiled, or roasted instead of breaded or fried. A serving of cooked protein is about 3 ounces, or approximately the size of a deck of cards or the palm of your hand.

Examples of lean protein foods include:

Chicken and Turkey

- Chicken without the skin (K)
- Turkey without the skin

Eggs

Fish

- Salmon (K)
- Cod
- Tuna
- Tilapia
- Swordfish

Shellfish

- Shrimp
- Scallops
- Clams
- Mussels
- Lobster

Lean Beef Cuts

- Chuck
- Round
- Sirloin
- Flank
- Tenderloin

Lean Pork Cuts

- Center loin chop
- Tenderloin

Lean Deli Meats (Na)

Low-Fat Cheese (P) and Cottage Cheese

- Natural cheeses (cheddar cheese)
- Cottage cheese

(K) = High in potassium (Na) = High in sodium (P) = High in phosphorus

Plant-based protein foods are other healthy options. Some of these foods provide both protein and carbohydrates, so it is helpful to check their Nutrition Facts label and serving size when planning your meals.

Examples of plant-based protein foods:

Beans (K P)

Lentils (K P)

Hummus (K)

Falafel (K)

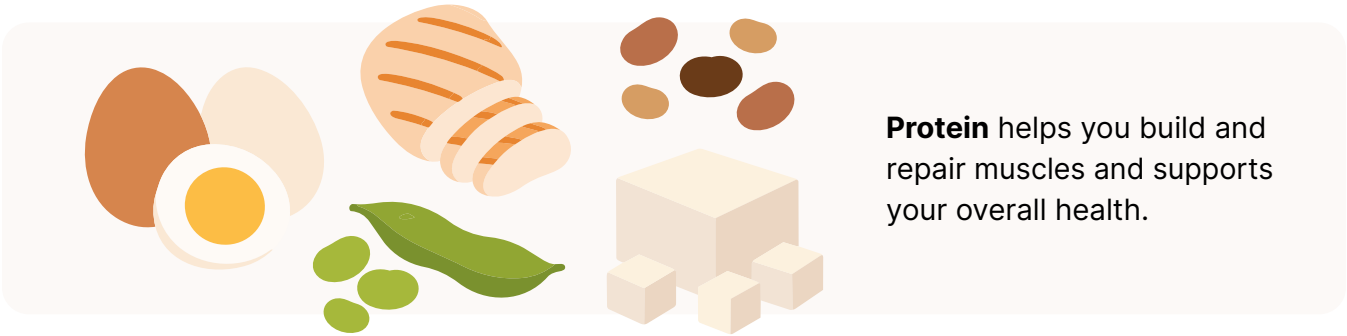
Edamame (K)

Plant-based meat substitutes (Na)

Nuts and nut butters (K Na)

Tofu and tempeh

(K) = High in potassium (Na) = High in sodium (P) = High in phosphorus



3. Fill one-quarter of your plate with quality carbohydrates.

Fill one-quarter of your plate with quality carbohydrates, such as starchy vegetables, beans, lentils, fruit, whole grains, or low-fat dairy foods. These foods provide important nutrients, including vitamins, minerals, and fiber, and are an important part of a balanced eating plan.

Carbohydrates have the greatest effect on your blood glucose (blood sugar). Managing your blood glucose is an important part of protecting your kidneys because high blood glucose over time can damage them. Choosing higher fiber carbohydrates, paying attention to portion sizes, and pairing carbohydrates with lean protein can help you build balanced meals that support your blood glucose and kidney health.

Examples of quality carbohydrates:

Starchy Vegetables

- Corn
- Acorn squash (K)
- Butternut squash (K)
- Green peas (K)
- Parsnips (K)
- Plantains (K)
- Potatoes (K)
- Pumpkin (K)
- Sweet potatoes/ yams (K)

Beans and Legumes

- Black beans (K)
- Kidney beans (K)
- Pinto beans (K)
- Garbanzo beans (K)
- Lentils (K)

Fruits

- Whole
- No-added-sugar canned
- Dried

Whole Grains

- Brown rice
- Bulgar
- Oats/oatmeal
- Polenta
- Popcorn
- Whole grain bread
- Whole grain pasta
- Whole grain tortillas
- Quinoa (K)

Dairy Products

- Low-fat milk (K P)
- Low-fat yogurt (K)
- Milk substitutes like soy milk (K)

(K) = High in potassium
(P) = High in phosphorus

Choose water or a zero-calorie beverage.

Water is the best beverage choice because it contains no calories or carbohydrates and does not raise your blood glucose (blood sugar). Choosing water instead of sugar-sweetened beverages can help support healthy blood glucose levels and your overall health.

Other zero- or low-calorie beverage options include:

Water

- Sparkling water or club soda
- Fruit- or herb-infused water or sparkling water (no sugar added)

Coffee and Tea

- Unsweetened tea (hot or iced)
- Unsweetened coffee (hot or iced)

Diet light-colored soda

- Diet ginger ale
- Diet lemon-lime soda

These are generally lower in phosphorus than dark-colored sodas.

Using Eating Patterns to Create an Eating Plan

There is no single eating plan that is right for everyone living with CKD. Your healthcare team or a registered dietitian nutritionist (RDN) can help you choose an eating pattern that meets your needs and helps you reach your health goals.

The Diabetes Plate is a simple tool that can help you build balanced meals and can be used with the eating patterns that support diabetes and kidney health, including:

- Mediterranean-style
- Vegetarian or vegan
- DASH (Dietary Approaches to Stop Hypertension)

Choosing a healthy eating pattern for your eating plan is an important step toward managing your kidney health.

Reading Nutrition Facts Labels

Nutrition Facts labels help you make informed food choices.

Making healthy food choices starts with understanding what’s in your food. Reading the Nutrition Facts label can help you compare products, identify nutrients, and choose foods that support your kidney health. Learning how to read the Nutrition Facts label can help you make informed choices that fit your healthy eating plan.

Use the Nutrition Facts Label to Make Informed Choices

Depending on your stage of CKD and your treatment plan, you may need to monitor how much of certain nutrients—such as sodium, potassium, or phosphorus—you are eating. Reading the Nutrition Facts label can help you:

- **Compare** similar food products
- **Understand** the nutrients in the foods you eat
- **Choose** foods that support your kidney health
- **Keep track** of the nutrients you may need to eat more or less of

Depending on your stage of CKD and your treatment plan, you may need to monitor nutrients such as sodium, potassium, and phosphorus. The Nutrition Facts label can help you compare foods and make choices that support your kidney health. Use the tips on the following page to learn what to look for.

The **Nutrition Facts** label can help you compare foods and make choices that support your kidney health.



6 tips for understanding Nutrition Facts labels:

1 Check the serving size.

Start by looking at the serving size, since the nutrition information is based on that amount.

2 Check the % Daily Value.

The % daily value (DV) is listed in the right column of the Nutrition Facts label. It shows how much of each nutrient is in one serving of the food, based on a 2,000-calorie daily eating plan. When comparing foods, use 10% DV as a general guide. Choose foods with less than 10% DV for nutrients you want to limit, such as sodium, added sugars, and saturated fat. Choose foods with 10% DV or more for nutrients you want to get more of, such as fiber, vitamin D, calcium, and iron.



3 Check the sodium, phosphorus, and potassium, if needed.

When reading the food label, pay special attention to sodium, phosphorus, and potassium, as these nutrients can affect your kidney health. Choose foods lower in sodium and aim to limit your sodium intake to no more than 2,300 mg per day, or less if recommended by your healthcare team. Depending on your stage of CKD and your lab results, you may also need to limit foods high in potassium and phosphorus. While potassium is listed on many food labels, phosphorus often is not. Check the ingredient list for words that contain “phos,” such as dicalcium **phosphate**, and for additives that include the word “potassium,” such as **potassium** chloride.

4 Choose healthy fats.

The total fat in a food item includes unsaturated, saturated, and trans fats. For better health, it’s important to focus on eating foods with unsaturated (monounsaturated and polyunsaturated) fats and try to limit saturated and trans fats.

5 Add fiber.

The amount of fiber you need depends on your age and gender, with healthy adults needing between 25 and 38 grams a day on average. Most people don’t eat enough fiber. Eating more fiber-rich foods can help lower A1C levels and promote good gut health. You might see some claims that a food is “high fiber” or a “good source” of fiber but look for at least 10% DV on the Nutrition Facts label regardless of claims.

6 Limit added sugar.

The Nutrition Facts label must show the amount of added sugars so you can tell the difference between the sugars naturally found in foods, like yogurt and fruit, and the sugars added during processing. Many added sugars have names that end in “-ose,” such as sucrose and fructose, while others may be listed as corn syrup. Choosing foods lower in added sugar can help manage your blood glucose and support your healthy eating plan.

If you need to manage your phosphorus, potassium, or sodium intake, your healthcare team can help you adjust your eating plan to meet your individual needs. One of the first steps is to limit or avoid highly processed foods because they often contain **phosphorus** and **potassium** additives. Highly processed foods are also often high in sodium, so choosing foods lower in sodium can help support your eating plan.



Being Physically Active

Physical activity is an important part of managing CKD and taking care of your overall health. Being active can help improve your energy, support better sleep, and help you manage other health conditions like diabetes and heart disease.

Getting started may feel overwhelming, but every type of movement counts. You don't have to start with activities that you're not comfortable with. The following tips can help you find safe and enjoyable ways to add more physical activity to your day.

Aim for 150 minutes of physical activity each week that's split up over 5-7 days. For example, try walking 30 minutes a day on five days of the week that work for you. Try to have two sessions that are strength training (resistance) each week.

Small steps can lead to lasting healthy habits.

- ▶ **Start with a plan.**
Work with your healthcare team to create a plan for activities and how often to do them. Your plan should be something that you're comfortable with, fits your needs, and helps you reach your health goals.
- ▶ **Start with what works for you.**
Give your body time to adjust to new activities. For example, if 30 minutes of walking is too much, try starting with 10-minute walks three times a day. If that feels like too much, begin with what you can do and gradually increase your activity as you feel comfortable. Over time, as physical activity becomes more comfortable, you'll be able to do more.
- ▶ **Try to move every 30 minutes.**
Try not to sit or lie down for long periods during your day. If you've been sitting for more than 30 minutes, get up and move around. This can be as simple as getting up to stretch. This will help improve blood flow and support healthy blood pressure and blood glucose (blood sugar).
- ▶ **Try adding physical activity while doing other things.**
There can be ways to add activity during your day. You can try:
 - Doing bicep curls with soup/vegetable cans while cooking
 - Doing calf raises while waiting in line
 - Marching in place while cooking a meal
 - Doing chair squats during commercials
- ▶ **Try tracking.**
Writing down when, where, and how you were physically active can help you make physical activity part of your routine. It can also show you how much you've done over time.
- ▶ **Try a group or class.**
Taking a class can make physical activity more enjoyable and help you get regular activity. Activities like Pilates, dance, or water fitness (water aerobics) classes may be offered at your local gym or community center.
- ▶ **Try being active with a friend.**
Being active with a friend can make physical activity more enjoyable and help you get regular activity. Cheer each other on and celebrate your progress together.
- ▶ **Pick activities you enjoy.**
Choose activities you like and make them fun to do. Try listening to your favorite music, exploring a new walking trail, or planning a family walk after dinner.
- ▶ **Try shaking things up.**
Mix up your plan with different activities to keep it from getting boring. For example, you might play pickleball on Tuesday, take a nature hike on Thursday, and do strength exercises on Saturday.

Be patient with yourself, celebrate your progress, and remember that even small changes can make a difference in your overall health. Every movement counts and is a step toward your health goals.

Working with Your Healthcare Team

You are the most important member of your healthcare team. You do the day-to-day things to manage CKD, such as choosing healthy foods, being physically active, taking your medications as prescribed, and monitoring your blood glucose (blood sugar) and blood pressure to help reach your health goals.

Medications are one important part of your treatment plan. Depending on your health needs, medications may help manage your blood pressure, blood glucose, and cholesterol, or slow kidney damage. Take your medications as prescribed, and talk with your healthcare team before taking any over-the-counter medications, vitamins, or supplements to make sure they are safe for your kidneys.

The other members of your healthcare team are there to answer your questions and provide guidance. They can explain your treatment options and help you stay up to date with your physical exams and lab tests. Together, you and your healthcare team can create a treatment plan to help you manage your CKD. Your healthcare team can include:

■ Primary care and other clinicians	■ Nurses
■ Kidney specialists (nephrologists)	■ Mental health professionals
■ Registered dietitian nutritionist (RDN)	■ Social workers
■ Diabetes care and education specialist (if you have diabetes)	■ Eye doctors (optometrist or ophthalmologist)
■ Pharmacists	■ Foot doctors (podiatrists)

Keeping Track of Your Care

Managing CKD is easier when you stay organized and involved in your care. Keeping track of the appointments, medications, lab tests, and questions you have can help when you talk with your healthcare team. Understanding your health also helps you and your healthcare team make decisions that support your kidney health.



Your Kidney Health Goals

While all of the following are ways to support your kidney health, choose one to focus on this week. Small steps can help you build healthy habits over time.

☐ Be more physically active.

☐ Read Nutrition Facts labels when shopping.

☐ Choose lower sodium (and lower phosphorus and potassium, if needed) foods.

☐ Follow my eating plan.

☐ Take my medication as prescribed.

☐ Monitor my blood pressure.

☐ Monitor my blood glucose (blood sugar).

☐ Go to my healthcare visits.

☐ Talk with my healthcare team about my kidney health.

☐ Other: _____

☐

☐

☐

☐

☐

☐

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☒

My Plan

When will I start?

What might get in my way?

How will I stay on track?

Remember

You don't have to make every change at once. Focus on one healthy habit at a time and celebrate your progress. Every healthy choice you make helps support your kidney health.

Making the Most of Your Healthcare Visits

Preparing for your healthcare visits can help you make the most of your appointment. Coming prepared with information about your health and questions for your healthcare team can help you better understand your CKD and work together to make informed decisions about your care.

Here’s a checklist of what you can bring to your next healthcare visit:

- ☐ An updated list of your medications, vitamins, and supplements—include over-the-counter medications.
- ☐ A list of your questions or concerns. This can include any new symptoms you have or changes in your health.
- ☐ Blood pressure and blood glucose records, if you keep them (many devices can export these).
- ☐ A family member or friend for support, if needed.

Questions to Ask Your Healthcare Team at Visits

Understanding Your Kidney Health

- ☐ What are my kidney test results, and what do they mean?
- ☐ What stage of CKD am I in?
- ☐ What can I do to slow the progression of CKD?
- ☐ Do I need to see a kidney specialist (nephrologist)?

Managing Your Health

- ☐ What should my blood pressure goal be?
- ☐ How often should I check my blood pressure or blood glucose at home?
- ☐ Should I make any changes to my eating plan?
- ☐ What types of physical activity will work for me?

Medications and Prevention

- ☐ Are my medications safe for my kidneys?
- ☐ Are there medications or over-the-counter products I should avoid?
- ☐ What vaccinations do I need?

Follow-Up Care

- ☐ When should I have my kidneys tested again?
- ☐ What symptoms should I watch for and why?

Contact Your Healthcare Team

Don’t wait until your next scheduled appointment if you have questions or notice changes in your health.

Reach out to your healthcare team if you:

Changes in your health

- Notice new or worsening swelling in your feet, ankles, legs, or hands
- Notice changes in how often you urinate
- Experience new or worsening symptoms
- Become sick or dehydrated

Medications

- Have trouble taking your medications
- Experience side effects from your medications
- Are unsure whether a medication, vitamin, or supplement is safe for you
- Are prescribed a new medication by another healthcare professional

Managing your CKD

- Have difficulty keeping your blood pressure or blood glucose in your target range
- Have questions about your eating plan
- Have trouble following your treatment plan

Planning your care

- Are planning a medical procedure or surgery and have questions about your kidney care



Resources

Keep Your Kidneys Healthy

Learn more about CKD, kidney screenings, healthy lifestyle tips, treatment options, and educational resources to help protect your kidney health. Learn more at diabetes.org/Kidney.

Ask the Experts Q&A

The ADA’s Q&A series educates people living with type 2 diabetes about healthy lifestyle solutions. Topics include nutrition, how to manage stress, getting active, and more. The phone-in and online format provides a community where people can ask questions of experts and hear from others who share similar experiences. Watch recorded events, listen to audio clips, and sign up for future events at diabetes.org/Experts.

Center for Information

Representatives at the ADA’s Center for Information are available to guide you to diabetes information and resources, as well as local programs and events. Call **1-800-DIABETES (800-342-2383)** or email askada@diabetes.org.

Diabetes Food Hub®

The ADA’s Diabetes Food Hub is a cooking and recipe destination for people living with diabetes and their families. Save time during your busy week by using the interactive meal planner, an editable grocery list, and healthy tips from ADA food and nutrition experts. Visit DiabetesFoodHub.org.



**To learn more about kidney health,
visit diabetes.org/Kidney.**

