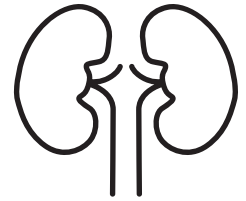# 6 tips to keep your kidneys healthy from our doctors and nephrologists

Small but mighty, your kidneys play a key role in helping you stay healthy. Making a few healthier lifestyle choices can help you lower your risk of chronic kidney disease (CKD), hypertension, and diabetes — improving your whole health and adding years to your life.

1. Swap out the salt
Reducing the amount of sodium you eat doesn't mean your food has to be bland. Use spices, herbs, and sodium-free seasonings to make your meals delicious and blood pressure-friendly.

2. Create a healthy plate
Eat these foods to your heart's content: fruits, vegetables, lean meats, beans, nuts, and whole grains. Fresh, whole foods are full of benefits for your overall health. If you eat processed food, be mindful of what's on the nutrition label.

3. Stay active and hydrated
Exercise can lower blood pressure, control weight, boost energy, and improve stress. Fit in 2.5 hours of moderate exercise — walking, gardening, or even dancing — a week.

4. Toast to your health instead
As they say, most things are okay in moderation, but it's best to limit how much alcohol you drink. Drinking excessively can raise your blood pressure.

5. Go to the doctor
Prioritize your health — set up an appointment with a primary care doctor at Carelon Health. Through routine bloodwork, they'll be able to detect any early warning signs of hypertension or diabetes — poor management of those conditions can lead to CKD.

6. Stop smoking
Smoking negatively affects your kidney health and puts you at risk for heart disease. Quitting can improve your blood pressure and lower your chances of having a heart attack or stroke.

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