

- Health

## The right food for healthy kidneys

### Eat right to ensure they function at their best, writes Tia Yu En

New Straits Times · 13 Apr 2021 · 22 · The writer is a dietitian at Sri Kota Specialist Medical Centre, Klang. This article is meant for general health information. Please consult your dietitian for personalised medical nutrition therapy.

KIDNEYS are vital for our overall well-being and health as they help remove waste from our body and maintain blood pressure. Yet, they are often overlooked compared to other organs. It is important to take care of your kidneys, especially with the recent rise in chronic kidney disease cases in Malaysia.



Prevention of the disease can be as easy as adopting a healthier diet by cutting down salt and sugar. There are also additions you make to your everyday diet to improve your overall kidney health. Here are some recommendations that are great for your kidneys as well as overall health.

#### **WATER**

Drinking enough water every day is important for good health. Water helps remove waste through urination and prevents the formation of kidney stones that may lead to chronic kidney disease. Good hydration prevents stone-forming crystals from sticking together.

The recommended six to eight glasses of water daily is for generally healthy people. Your body will need more when you are in hot climates, are more physically active or running a fever or having diarrhoea.

### **APPLES**

Apples are a good source of pectin, a soluble fibre that can lower your blood glucose level which helps prevent kidney disease.

Apples are also rich in quercetin, a source of antioxidants that can lower the risk of heart disease. Don't remove the peel because it is rich in pectin and quercetin.

### **CABBAGE**

Cabbage is known to be one of the most kidney-friendly vegetables as it is low in potassium. Cabbage is rich in fibre, vitamin C, vitamin K and folic acid which keep kidneys healthy. It is a great addition to your everyday diet.

### **FOOD HIGH IN OMEGA-3 FATTY ACIDS**

Omega 3 fatty acids are essential nutrients our body cannot make, so we must obtain them from the food we eat. Food rich in omega 3 fatty acids like salmon, mackerel, herring, sardines, walnuts, soyabean oil and canola oil can help lower triglyceride levels and reduce blood pressure. However, do eat these in moderation as overeating food rich in omega 3 fatty acids can cause health problems too.