

What Can You Do?

Eat Healthy

Our bodies need protein, but most Americans eat more than they need. Extra protein causes the kidneys to work too hard. Eating a diet lower in protein can help keep kidneys healthy.

Most adults need about 60 grams of protein a day. This is equal to all of the following:

- 4 ounces milk
- 3 servings vegetables
- 2 servings fruit
- 6 or more servings of grains (bread, pasta, cereals)
- 6 ounces meat (a 3-ounce serving of cooked meat is about the size and thickness of a deck of cards)

Control Blood Pressure

High blood pressure causes kidney damage to get worse. Blood pressure should be lower than 130/80 for everyone.

Remember to...

- ❖ Eat healthy (more fruits, vegetables and low-fat dairy)
- ❖ Take your prescribed blood pressure medication
- ❖ Don't smoke
- ❖ Have your blood pressure checked at least four times a year

Control Blood Sugar

Keep blood sugars as close to normal to help prevent or slow kidney damage. Have an A1c blood test every three months. This provides you and your doctor with a blood sugar average over the past 2-3 months.

- ❖ Continue daily blood sugar testing
- ❖ Get an A1c test every 3 months for an overall look at blood sugar control
- ❖ Set desired blood sugar levels with your doctor

U.P. Diabetes Outreach Network
Strengthening Diabetes Care & Prevention in Upper Michigan
Since 1985
(906) 228-9203
www.diabetesinmichigan.org

