



HEALTHY EATING FOR KIDNEY HEALTH

✓ Low in salt

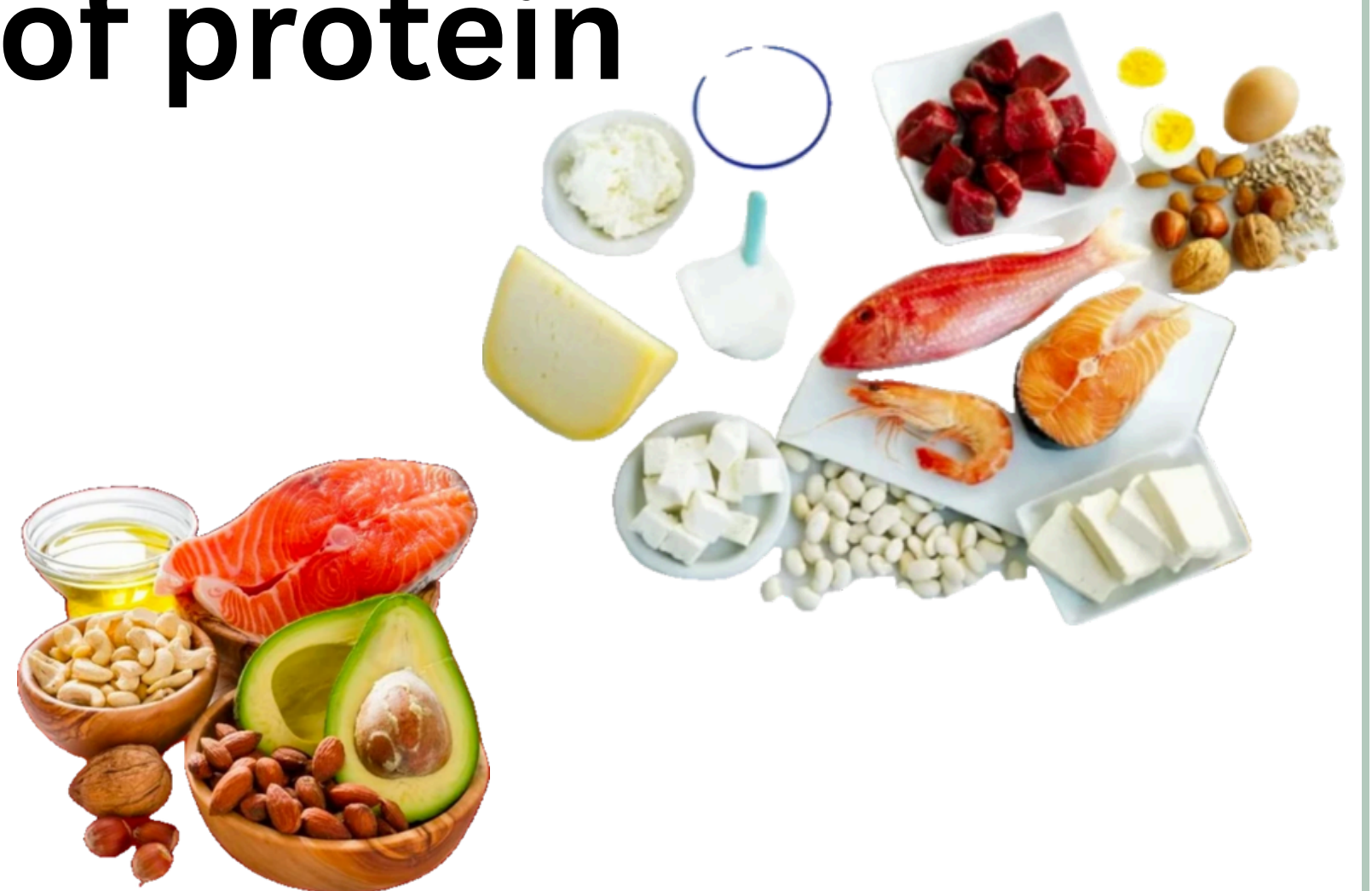


✓ Moderate amounts of protein

✓ Heart-healthy fats

- Monounsaturated fats

- Polyunsaturated fats (especially omega-3s)



✓ Adequate hydration

✓ Fresh fruits & veggies



Tips:

 Limit salt intake

 More colors

 Stay hydrated



 Remember:

Healthy kidneys start with healthy habits!

References:

1. National Kidney Foundation (NKF). (n.d.). Nutrition and Chronic Kidney Disease
2. Kementerian Kesihatan Malaysia (KKM). (2019). Garis Panduan Diet Untuk Pesakit Buah Pinggang.
3. Academy of Nutrition and Dietetics. (n.d.). Kidney Health and Nutrition.
4. National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). (2021). Eating Right for Kidney Health.





PERMAKAPAN SIHAT UNTUK KESIHATAN BUAH PINGGANG

✓ Rendah kandungan garam



✓ Ambil protein dalam jumlah sederhana

✓ Pengambilan Lemak sihat

• Lemak tidak tepu



• Lemak politaktepu (terutamanya omega-3)



✓ Penghidratan yang cukup

✓ Buah-buahan dan sayur-sayuran
yang segar



Tips:

🧂 Hadkan pengambilan garam

🍏 Pelbagaikan warna

💧 Tetap hidrasi



🧠 Peringatan:

**Kesihatan buah pinggang bermula dari
pemakanan sihat!**

Rujukan:

1. National Kidney Foundation (NKF). (n.d.). Nutrition and Chronic Kidney Disease.
2. Kementerian Kesihatan Malaysia (KKM). (2019). Garis Panduan Diet Untuk Pesakit Buah Pinggang.
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