

HEALTHY EATING TIPS > By Beatrice Nakibuuka

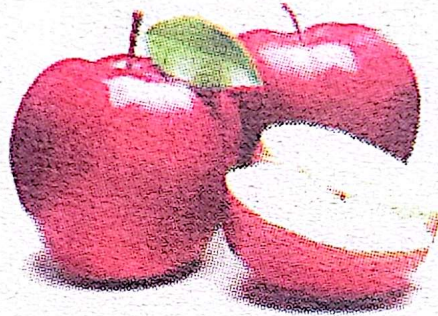
Eating for your kidneys

The kidneys are one of the body's biggest natural detoxifying components. Keeping your blood pressure under control can protect your kidneys and prevent kidney failure. Watching what you eat and drinking will also help you stay healthier.

Water

Paul Lutaakome, a nutritionist at Jinja Referral Hospital, says water is the best ingredient for overall water balance in the body. You need to aim for six to eight glasses of water a day depending on your body weight and how often you feel thirsty.

"Water helps flush out toxins that can lead to bacterial infection or kidney stones, or other harmful particles in the blood. It is the best cleanser," he says.



Apples

Apples are a lower potassium fruit that acts as a natural cleanser for the body. They keep the kidneys clean without causing frequent urination.

"Apples are a good source of pectin fibre which removes excess cholesterol and regulates blood sugar levels," Lutaakome says, adding, "The peels are a source of quercetin antioxidants and

vitamin C which is thought to protect brain cells, boost heart health and prevent cancer."

Kale

Kale is an important source of Vitamins A and C, which prevent inflammation and protect the immune system. It has lower potassium content than some vegetables and contains a large amount of iron. Iron is important for healthy kidney function and preventing kidney disease.

Mushrooms

Vitamin D is an important mineral for good kidney health and mushrooms are its best plant-based source. The vitamin helps to regulate kidney function and prevent kidney disease.

Caution

Sodium (salt) is found in almost all foods. If your sodium intake is high, you will get too thirsty and this can lead to swelling and escalating of your blood pressure. This often damages your kidneys. Limiting the amount of salt you take is therefore one of the best ways to keep your kidneys healthy.

Lutaakome warns, "High protein diets should be avoided, especially if they are animal-based foods. This is due to the fact that processed meats like sausages, bacon and other animal foods contribute to inflammation while high phosphorus-containing foods can cause kidney stones."

RESTAURANT REVIEW >

Uganda's best