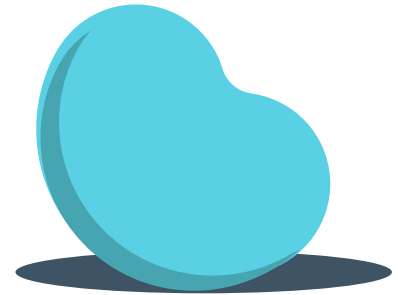


THE KIDNEYS: Filtering Through the Facts

Your kidneys are your body's filtration system. They balance the body's fluids, help produce red blood cells, metabolize vitamin D, release hormones, remove waste from the body as urine, and regulate electrolytes like sodium, potassium, and phosphorus.¹



**200
liters**

No detox programs needed here!

Did you know these powerful bean-shaped organs filter about 200 liters of fluid daily?²

THE TWO LEADING CAUSES FOR CHRONIC KIDNEY DISEASE ARE

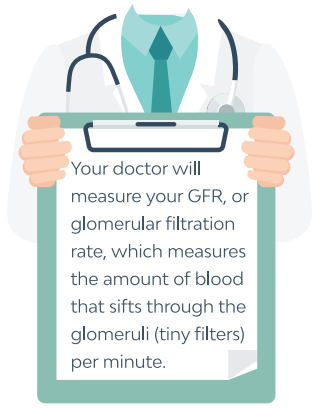


DIABETES

Long-term high blood sugars and elevated blood pressure can damage the tiny blood vessels in the kidneys, decreasing their ability to filter.³



HIGH BLOOD PRESSURE

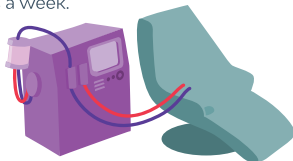


Your doctor will measure your GFR, or glomerular filtration rate, which measures the amount of blood that sifts through the glomeruli (tiny filters) per minute.

Chronic kidney disease is defined as abnormal kidney labs for 3 months, or longer.¹

If CKD progresses, it may lead to end stage renal disease and dialysis. Dialysis is when blood is filtered through a machine, or tube system at home, several times a week.

If uncontrolled, may require a kidney transplant.



Ask your doctor to check your labs at least once a year. →

Those with chronic kidney disease may need to alter the amount of protein, fluids, phosphorus, sodium, and/or potassium they consume.

There is no "one size fits all" eating pattern with kidney disease. Rather, it depends on your labs and the frequent monitoring and recommendations of your medical provider.



What can you do now?

Limit added sugars



Stop adding salt and limit high sodium foods



Aim for 150 minutes of moderate-intensity, or 75 minutes of vigorous-intensity, exercise per week⁴



Sources:

- 1 - <https://www.kidney.org/kidneydisease/howkidneyswork>
- 2 - <https://www.ncbi.nlm.nih.gov/books/NBK538339/>
- 3 - <https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/causes>
- 4 - https://www.who.int/dietphysicalactivity/factsheet_adults/en/



Kristina Cooke, RD
Health and Wellness
Program Manager at

zevia