

# Heart Healthy & Kidney Friendly Diet

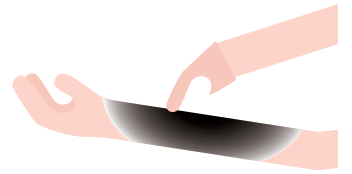
FOR PEOPLE ON PERITONEAL DIALYSIS (PD)

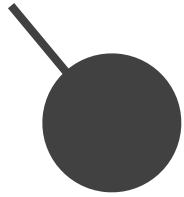
Food is fuel. While some foods are healthy fuel for your body, others can fuel disease.

But, heart-healthy foods and kidney-friendly foods are not always the same. Always read the nutrition facts label on food products. Heart-healthy foods are rich in fiber, fruits, and vegetables. Kidney-friendly foods are low in sodium, phosphorus, and potassium.

Shrink your sodium.







Be careful, just because a food has 0 grams of trans fat listed doesn't mean it is actually free of trans fat. Look for