

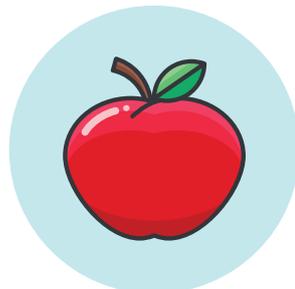
Keep your kidneys healthy:



Drink water

Inu wai

Soft drinks and juice are not water, they are mostly sugar. Aim for 6-8 glasses of water a day



Eat lots of fresh fruit & vegetables

Kai hua me ngā huawhenua

Choose different types of bright healthy food, every day



Reduce salt

Whakaiti te tote

Support the tiny blood vessels in your heart & kidneys by reducing salt



Maintain a healthy body weight

Tiaki te taumaha tinana

Help all body parts stay healthy



Stop smoking or vaping

Mutu te kai paipa

Improve your blood flow to your heart and kidneys



Move your body

Whakapakari to tinana

Walking is a great movement for heart & kidney health.

Te Whatu Ora

Health New Zealand