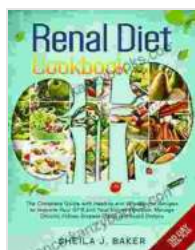


The Complete Guide With Healthy And Wholesome Recipes To Improve Your GFR And

What is GFR?

GFR stands for glomerular filtration rate. It is a measure of how well your kidneys are filtering waste products from your blood. A healthy GFR is between 90 and 120 mL/min/1.73m². A GFR below 60 mL/min/1.73m² is considered to be chronic kidney disease (CKD).

CKD is a serious condition that can lead to kidney failure. However, there are things you can do to slow the progression of CKD and improve your GFR.



Renal Diet Cookbook: The Complete Guide With Healthy and Wholesome Recipes To Improve Your GFR And Your Kidney Function, Manage Chronic Kidney Disease (CKD) and Avoid Dialysis. by Allie Allen

★★★★☆ 4 out of 5

Language : English
File size : 7145 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 255 pages
Lending : Enabled



How to Improve Your GFR

There are a number of things you can do to improve your GFR, including:

* **Eat a healthy diet.** A healthy diet for kidney health includes plenty of fruits, vegetables, and whole grains. It also includes lean protein and low-sodium foods. * **Exercise regularly.** Exercise helps to improve blood flow to the kidneys and can help to lower blood pressure. * **Lose weight if you are overweight or obese.** Excess weight can put stress on the kidneys and can lead to CKD. * **Quit smoking.** Smoking damages the kidneys and can lead to CKD. * **Control your blood sugar if you have diabetes.** Diabetes can damage the kidneys and can lead to CKD. * **Take medication to lower your blood pressure if you have high blood pressure.** High blood pressure can damage the kidneys and can lead to CKD.

Healthy and Wholesome Recipes to Improve Your GFR

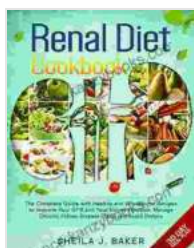
In addition to the lifestyle changes listed above, there are a number of healthy and wholesome recipes that you can eat to improve your GFR. These recipes are all low in sodium, phosphorus, and potassium, which are all nutrients that can be harmful to the kidneys.

Here are a few examples of healthy and wholesome recipes that can help to improve your GFR:

* **Baked Chicken with Roasted Vegetables*** **Grilled Salmon with Quinoa and Asparagus*** **Lentil Soup*** **Vegetarian Chili*** **Fruit Salad with Yogurt**

These are just a few examples of healthy and wholesome recipes that can help to improve your GFR. There are many other recipes available online and in cookbooks.

Improving your GFR is important for maintaining kidney health. By following the tips in this article, you can improve your GFR and reduce your risk of developing CKD.



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Book Review: In Controluce Scatti Di Epilessia

In Controluce Scatti Di Epilessia Author: Elisa Serafini Publisher: Postcart Edizioni Publication Date: 2019 ...



The Little Red Book of Running: A Comprehensive Guide to the World's Most Popular Sport

Running is one of the most popular sports in the world. It's a great way to get fit, lose weight, and relieve stress. But if you're new to...