



Kidney care essentials: Simple & smart tips to protect your filters

Kidney stones – Prevention is power



Stones cause pain and damage: simple habits can keep them away.



Smart Tips:

- Stay well-hydrated; aim for 2-3 liters daily unless advised otherwise.
- Limit salt, animal protein, and oxalate-rich foods like spinach and nuts.
- Include calcium-rich foods to bind oxalates and reduce stone risk.
- Maintain a healthy weight and stay active to support kidney function.
- Consult your doctor if you experience sharp back pain or blood in urine.