

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

Hydration – The Goldilocks rule



Too little or too much water can harm kidneys: aim for just right hydration.



Smart Tips:

- Drink enough to keep urine pale yellow—not clear or dark.
- Adjust water intake based on activity, climate, and health conditions.
- Limit sugary drinks and excess caffeine that dehydrate kidneys.
- Use herbal teas like coriander or mint for gentle boost in hydration.
- Monitor swelling or fatigue; signs your hydration needs adjustment.