

Achieving healthy weight loss goals

It's important to maintain a healthy weight when living with kidney disease. Managing your weight may also help lower your risk of other complications, like type 2 diabetes and high blood pressure, and increase your chances of a successful kidney transplant. Healthy weight loss is achievable. You can start by adopting a kidney-friendly diet and making small changes to your daily routine.

Making small lifestyle changes and setting goals along the way can help you successfully manage your weight. Follow these 10 helpful tips for healthy weight management:

- ① Plan your meals and snacks ahead of time to help build healthy habits.
- ② Shop with a grocery list to keep you on track and help save time and money.
- ③ Cook more meals at home to give you full control over ingredients and portion sizes of your food.
- ④ Use healthy cooking methods—such as grilling, steaming, roasting, baking, or air frying—instead of frying.
- ⑤ Focus on protein, vegetables, and fruit to help you feel full and satisfied longer. Visit [FreseniusKidneyCare.com/Recipes](https://www.freseniuskidneycare.com/Recipes) for recipe ideas.
- ⑥ Wash and cut your vegetables so they are prepared and ready to use.
- ⑦ Choose unsweetened or zero-calorie beverages. Don't forget to stick to your recommended daily fluid allowance to feel your best.
- ⑧ Manage your portion sizes by checking serving sizes on food labels and using smaller plates and bowls.
- ⑨ Take a moment before snacking to see if you are really hungry—or just anxious, tired, or bored.
- ⑩ Find enjoyable ways to increase your movement and physical activity throughout the day. Exercise can help with digestion and blood sugar control.



TIP: Keeping a journal of what you eat and how you feel may help you identify patterns. Use an app on your smartphone, like [Cronometer](#)[®], or a paper journal to track what you eat and how you feel.

My personal plan for successful weight management

When tracking your weight loss, choose safe and realistic goals. Your care team can help determine a safe weight for you. Every healthy choice brings you closer to your weight loss goals.

My motivation for weight loss is:

Staying on track is challenging for me because:

Habits I would like to change:

Steps I'll take to reach my goals:

Example: I will make a weekly meal plan and grocery list by next week.
