



Eating Well, Living Well

*Learn to eat well
with CKD
(Chronic Kidney Disease)*



Eating Well, Living Well

A free class that takes the mystery out of your CKD diet.

Learn how you can still enjoy the foods you love, and how simple lifestyle changes can make a big difference.

What's covered in class

- How to keep your kidneys and your heart healthy
- How food can taste great with **less salt**
- The right **fats** for heart health
- How much **protein** your body needs
- Where to find **potassium** in food and how much is right
- **Phosphorus** and your kidneys
- How staying **active** can help your kidneys and your heart
- Living with CKD and **diabetes**
- Vitamins and minerals
- **Tips** for cooking, shopping, and eating out



Eating Well, Living Well

- Free 2-hour class
- Offered four times a month at four Northwest Kidney Centers locations
- Taught by a dietitian
- For patients, family and friends
- To sign up, call (206) 292-2771 extension 1082
- To see class schedule, go to nwkidney.org



Why come to an *Eating Well, Living Well* class?

- You want to keep your kidneys and your heart healthy
- You're confused about what you should eat
- You want the best information about diet and kidney health
- You want food to taste great and still be good for you



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living *well*
with CKD™