# **Kidney Health Resources List**

1. **General resources**

* NHS.uk: keeping your kidneys healthy

<https://www.nhs.uk/live-well/healthy-body/keeping-your-kidneys-healthy/>

* Kidney Care UK

<https://www.kidneycareuk.org/>

* Kidney Research UK

<https://www.kidneyresearchuk.org/>

* National Kidney Federation

<https://www.kidney.org.uk/Pages/Category/who-we-are>

* Global Kidney Foundation

<https://www.gkf.org.uk/index.html>

* Kidney Patient Guide

<https://www.kidneypatientguide.org.uk/>

2. **For children and parents**

* Info KID

<https://www.infokid.org.uk/>

* Ready Steady Go.net

<https://www.readysteadygo.net/renal.html>

* The Little Book About Kidneys

<https://www.mefirst.org.uk/resource/the-little-book-about-kidneys/>

3. **Diet and nutrition**

* Kidney care cook book

<https://www.kidneyresearchuk.org/wp-content/uploads/2019/05/Kidney-Care-Cook-Book.pdf>

* Kidney Care UK YouTube channel: includes recipes, kitchen skills, and advise from renal nutritionists

<https://www.youtube.com/channel/UCeqQTdAsEzXphqjHVtcTD-A>

* Kidney Research UK: healthy eating for kidney patients

<https://www.kidneyresearchuk.org/kidney-health-information/living-with-kidney-disease/how-can-i-help-myself/healthy-eating-for-kidney-patients/>

* Kidney Care UK: Lifestyle- diet, fluids and exercise

<https://www.kidneycareuk.org/about-kidney-health/living-kidney-disease/lifestyle/>