



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 advice 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/>



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