



1. Reducing your protein intake

Protein is an important nutrient needed by the body for various needs.

However, excess protein can also increase creatinine levels in the body and go undigested.

In fact, certain studies have found out that certain protein-rich foods are more susceptible of increasing creatinine than others. For cutting down on foods like red meat, certain dairy sources can help.

Switching to plant-based proteins and more vegetables can be of help too.

2. Increase your fibre intake

Fibre is a crucial nutrient that aids digestion. It can also help balance out creatinine elimination in the body.

Many studies have shown that a significant increase in fibre intake led to lower creatinine levels in the body over a period of time.

Fibre can be found in a lot of foods, including fruits, vegetables, legumes, pulses and whole grains.

3. Ensure you stay hydrated

There is yet another reason to drink adequate water.

Dehydration, or drinking less than required water in a day can raise your creatinine levels in the body and make elimination difficult

For people with kidney diseases, fluid intake and retention can impose problems too.

Talking to a qualified nutritionist, incorporating more hydrating foods and drinks into your diet may make a difference.

Try and have at least 8-10 glasses of water a day.

4. Lowering your salt intake

Excessive salt intake is a major cause of high blood pressure, which in turn, can lead to kidney problems.

Processed foods are often also loaded with additives, sodium and harmful agents which can lead to renal issues.

Therefore, one of the best ways to naturally lower your creatinine levels is by taming down your salt consumption in a day.

Try and cut down your salt intake and make use of natural spices, herbs to flavour your food. Your salt intake shouldn't exceed more than 2 tablespoons in a day.

5. Limit smoking

Tobacco consumption is also something that is linked to renal diseases and complications, including high creatinine levels.

Cigarette smoking can also reduce the likelihood of other health complications which can affect mortality. Therefore, quitting smoking can help you manage your health better.

6. Cut down on alcohol intake

Alcohol is not just bad for your liver but renal health too. Excess alcohol consumption has been found to damage the kidneys, create renal problems, increase blood pressure levels.

All of these factors can disturb creatinine levels in the body. Hence, cutting down on your alcohol consumption is a good measure to lead a healthy life.