



What are kidneys?

People have two kidneys and they are the master chemists in your body. They filter out waste and turn it into urine. They are two fist size organs that are located in your mid back.



It's hard to imagine that something so small can be so important. Make a fist right now to see how big your kidneys are.

What do kidneys do?

Many other parts of your body depend on your kidneys. They work with all the other organs in your body to keep you healthy. To keep your kidneys healthy, drink water and eat nutritious food. High blood pressure and diabetes are the two main causes kidneys stop working.

