The kidneys perform their main job of filtering and returning about 200 quarts of fluid back to the bloodstream every 24 hours. About two quarts are removed from the body in the form of urine, and about 198 quarts are recovered.

The kidneys are important because they keep the composition of the blood stable, which lets the body function.

Blood pressure normally rises and falls throughout the day, but it can cause health problems if it stays high for a long time.

Red blood cells carry oxygen to tissues and organs throughout the body and enable them to use energy from food.

Kidneys help to keep the right amount of minerals in your blood. Minerals are nutrients that your body needs to stay healthy.

Sources: National Kidney Foundation, National Institute of Diabetes and Digestive and Kidney Diseases