

Protein and Your Kidney Health

Eating the right amount of protein is important for many reasons:

- Helping to build and repair muscles
- Helping to heal wounds
- Preventing muscle loss
- Allowing for better long-term health outcomes

Your protein needs are based on:

- Your stage of kidney disease
- Whether or not you are on dialysis
- Your weight
- Other health conditions
- Physical activity level



**Your body needs protein.
Protein is a part of a
healthy diet – every day.**

Ask your dietitian about how much protein you should eat every day.

You need _____ portions or ounces of high-quality protein each day.

Examples of one portion or ounce of high-quality protein include:



1 oz / 30g
cooked fish



¼ cup
canned fish



1 egg



¼ cup
egg whites



1 oz / 30g
cooked chicken



1 oz / 30g
cooked beef



1 oz / 30g
cooked lamb



1 oz / 30g
cooked pork



1 oz / 30g cooked
game meat



1 oz / 30g / 2 cooked
jumbo shrimp

The following foods are vegetarian protein sources.

These foods may be higher in phosphorus. Ask your dietitian about how to include these foods in your diet.

Vegetarian protein sources include:



¼ cup firm tofu
½ cup soft tofu



½ cup cooked
beans/lentils



2 tbsp nut
butter



¼ cup unsalted
nuts



1 cup milk /
soy milk



1 cup yogurt
1/3 cup Greek
yogurt



¼ cup
cottage cheese



1 oz / 1"
cube cheese

Your daily protein portions could be divided like this:

_____ portion(s) at Breakfast

_____ portion(s) at Lunch

_____ portion(s) at Dinner

_____ portion(s) at Snack



**3 Portions or ounces
are similar in size to a
deck of cards**

**AVOID ALL OF THESE FOODS,
as they contain saturated fat, salt, and phosphate and potassium additives.**

Processed Protein Foods to Avoid



ham/
deli meats



bacon



pepperoni



salami/
sausages



hot dogs



fish sticks



chicken strips
& nuggets



SPAM and
canned meats



dried or
smoked meat
or fish



processed cheese