

Kidney Disease: Choosing the Right Protein for Your Body

The body uses certain types of proteins (**complete proteins**) more fully than others. When you make protein choices, keep the tips below in mind:



Choose Complete Proteins

- Chicken, turkey, fish, and lean red meats are complete proteins. Eat most of your protein from these sources.
- Dairy products, such as milk, cheese, yogurt, and eggs, are also complete proteins. But these foods can be high in fat, cholesterol, and phosphorus. Ask your dietitian or doctor how much of your

protein intake should come from these foods.

- Beans, corn, and grains are incomplete proteins. Eat less of your protein from these sources.

Eat Your Daily Protein

The amount of protein that you can eat each day may change with time. Your health care provider determines your protein intake according to the stage of your kidney disease. Your body weight is also a factor. If your protein intake is decreased, you may need to eat more calories from other types of food. Carbohydrates, such as bread and pasta, make good choices.

- I can eat _____ grams of protein each day.
- I should eat a total of _____ calories each day to maintain my body weight and muscle mass.