

Getting the most out of protein choices

What you eat and drink — and how much — can impact your kidney health and how you feel. When picking proteins, choose plant-based or fresh, animal options and limit processed or fast foods. Because protein needs vary, talk with your doctor or renal dietitian to find the amount that's right for you.

Better protein options

Plant-based proteins:

- ✓ Soy, tofu
- ✓ Beans
- ✓ Lentils
- ✓ Nuts
- ✓ Peanut butter
- ✓ Chickpeas

Animal-based proteins:

- ✓ Chicken
- ✓ Turkey
- ✓ Veal
- ✓ Wild game
- ✓ Shellfish
- ✓ Beef
- ✓ Pork
- ✓ Eggs
- ✓ Dairy & natural cheese



Know your number

My target protein
intake for the day is
_____ **grams.**

Proteins to avoid

- ✓ Hot dogs or corn dogs
- ✓ Fast foods
- ✓ Pre-made or frozen chicken nuggets/strips
- ✓ Fish sticks
- ✓ Breakfast sausages and frozen breakfast sandwiches
- ✓ Bacon
- ✓ Frozen burgers
- ✓ Pre-made or frozen meals containing meat
- ✓ Deli meats
- ✓ Proteins that are heavily seasoned, salted, or brined

Common protein portions



3 ounces meat
(chicken, fish, or beef)
21 grams



2 tbsp
peanut butter
8 grams



1/2 cup
beans/legumes
7 grams



1 egg
7 grams

The power of protein:

5 tips that make a difference



1. Choose a variety of proteins

When considering what protein to include in your meal, you have a variety of options — including plant-based options like lentils, and even peanut butter.



2. Check nutrition labels

It's important to choose the right amount of protein to best protect your kidneys. Look at the protein per serving and read the nutrition label for added ingredients. Avoid foods with sodium and limit phosphorus, which may affect your kidney health.



3. Add fiber to your diet

Plant-based proteins add fiber, which supports gut health, steady blood sugar, and may help reduce inflammation.



4. Consider protein supplements

If you have kidney disease, make sure you are getting the right amount of protein. Some supplements can help, but not all are right for you — ask your doctor or renal dietitian first.



5. Limit processed and fast foods

These foods may have protein but often contain too much sodium and phosphorus. Choose options from the “better protein options” list.



Knowing your portions helps you track protein. Ask your renal dietitian about your daily protein needs. Find more kidney-friendly eating tips and recipes at **[FreseniusKidneyCare.com/Eating-Well](https://www.freseniuskidneycare.com/eating-well)**.