



# Getting the most out of protein choices with CKD

What you eat and drink—and how much—can impact your kidney health and how you feel. When you're choosing proteins, it's best to choose plant-based options or fresh, lean animal proteins—and avoid processed or fast foods. Be sure to watch your portion sizes and how often you eat protein-rich foods, especially if your doctor recommends limiting protein. If you have questions about the right amount of protein for you, your doctor and renal dietitian can help.

## Better protein options

### Plant-based proteins:

- // Soy, tofu
- // Beans
- // Seeds
- // Lentils
- // Whole wheat
- // Nuts
- // Peanut butter
- // Brown rice
- // Peas
- // Green beans
- // Chickpeas

### Animal-based proteins:

- // Chicken
- // Turkey
- // Fish
- // Shellfish
- // Beef
- // Pork
- // Eggs
- // Dairy & fresh 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
- // Deli meats
- // Pre-made or frozen meals containing meat (like burritos)



### KEEP YOUR PROTEIN INTAKE ON TRACK

Work with your dietitian to create a low-protein meal plan and visit [FreseniusKidneyCare.com/EatingWellWithCKD](https://www.freseniuskidneycare.com/EatingWellWithCKD) for tips and ideas.

## Top 5 protein tips for a CKD diet

It's important to choose the right amount of protein to best protect your kidneys. Be mindful that your protein choices may also contain potassium, phosphorus, and sodium. Your doctor or dietitian can help you make the best choices for you.



### Consider plant-based proteins

Animal-based foods aren't the only sources of protein. Plants have protein, too! When considering what protein to include in your meal, you have a variety of options to choose from—including plant-based options like beans, lentils, and even peanut butter. Remember that even when choosing plant-based proteins, it's important to make sure you're eating the right amount to protect your kidneys.



### Check nutrition labels

It's important to know how much protein is in each serving of food so that you can get the right amount of protein in your diet each day.



### Add fiber to your diet

Choosing plant-based proteins will help you include more fiber in your diet, which helps control blood sugar and keeps your gut happy!



### Avoid protein supplements

With kidney disease, it's important to make sure you aren't consuming too much protein in a day. Avoid protein supplements like protein powders, shakes, and bars unless advised by your doctor or dietitian.



### Limit processed and fast foods

Choose proteins from the "better protein options" list on the other side of this handout. These options will help you meet your nutrient needs and limit added sodium, phosphorus, and unhealthy fats.