



# *Low Protein* **KIDNEY DIET CHEAT SHEET**

RenalTracker



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# Low Protein **DIET TIPS**

More

Limit

## Animal Proteins



### Fresh Lean Meats

- Chicken
- Turkey
- Fish
- Eggs (egg whites)

### Processed Meats

- Bacon
- Sausages
- Smoked Salmon
- Canned Tuna

## Plant Proteins



- Tofu
- Tempeh
- Legumes

### High Potassium Options

- Avocado
- Potatoes
- Sweet Potatoes
- Beans

## Dairy



- Unsalted Almond Milk
- Low-sodium or Salt-free Cheese
- Cottage Cheese

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## Nuts & Seeds



- Unsalted Nuts (almonds and walnuts)
- Chia Seeds
- Flax Seeds

### High-Phosphorus Options

- Salted Nuts
- Sunflower Seeds

Remember to limit your Protein intake to avoid straining your kidney!

### 1 SERVING SIZE



1 Egg



Half Fish (3 oz)



6 Prawns



Matchbox Size Lean Meat (3 oz)



Half Drumstick (3 oz)



240 milk Milk



Half Cup Beans



2 Cheese Slices



Half Palm Size

Easier tip:

Too much to remember? Using palm size for portion sizing is an easy and general guideline for controlling your protein portion

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## SOUPS

Cream soups can be high protein because of the dairy content. Use milk substitutes instead as a low protein alternative



## SANDWICHES

Cut your meat into thin slices. This way, you can distribute their flavor more evenly throughout your sandwich. Plus, it looks like there's more meat!

## MAINS AND OTHER DISHES

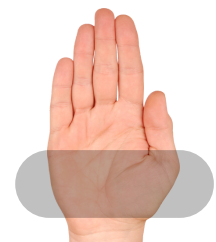
Decrease the amount of meat in casseroles, but increase the starch, pasta, or rice to keep them filling.

Try kebabs with smaller pieces of meat spaced between bigger servings of vegetables.

Increase the variety and amount of vegetables in your recipes instead of meat.

Use condiments, spices, and herbs to add flavor instead of protein-rich foods. Just remember to keep an eye on your sodium intake as well.

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## Half Palm Size

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