

EAT RIGHT FOR KIDNEY HEALTH

The foods you eat affect the health of your kidneys. Following these steps can help protect your kidneys and help them function better.

1) LIMIT SODIUM INTAKE

Eating too much sodium, which is found in salt, can cause your blood pressure to rise. This increases work for your kidneys.



2) EAT THE RIGHT AMOUNT OF PROTEIN

Protein is good for you! However, too much protein can be hard for your kidneys to process. Eating it in moderation is important for healthy kidneys.

3) CHOOSE FOODS LOWER IN FAT

Heart disease and kidney disease often go hand in hand. Limit fried, greasy, and other high fat foods to keep both your heart and your kidneys healthy!



4) MONITOR POTASSIUM AND PHOSPHORUS

Potassium and phosphorus are important for good health. However, when your kidneys are not working properly, these nutrients can build up in your body.

5) KNOW YOUR NUTRITION FACTS

SERVINGS PER CONTAINER

This container has 8 servings.



SATURATED FAT

The amount of saturated fat is found here. Choose foods that are lower in saturated fat.*



POTASSIUM PER SERVING

The amount and % of the recommended daily value (DV) for potassium is here.

- 200 mg or more is HIGH
- Note: You might need a different DV than what is listed on the label*



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SERVING SIZE

The serving size is listed at the top of the label. The serving size for this food is 2/3 cup.



SODIUM PER SERVING

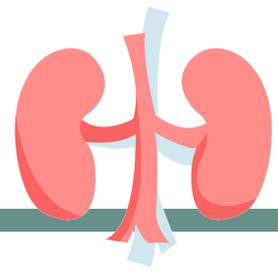
This is the % of the recommended daily value (DV) for sodium (2,300 mg).

- 5% or less is low
- 20% or more is high
- Note: You might need a different DV than what is listed on the label*



***Talk to your doctor or dietitian about your specific needs.**

THE FOODS YOU EAT MATTER!



Sodium (Na)

LOW sodium foods: Fresh and frozen fruit and veggies, fresh meat, poultry, seafood, unsalted nuts



HIGH sodium foods to limit: Bacon, lunch meat, pepperoni, chips, condiments, frozen meals, and boxed mixes

Protein

HIGH protein foods: Meats, eggs, dairy, beans, milk, soy, nuts



Protein serving sizes:

- 2-3 ounces meat, poultry, and fish (the size of a deck of cards)
- 1/2 cup milk or yogurt

Specific protein needs depend on your body size. Watch your portions!

Potassium (K)

LOW potassium foods: White rice, breads and pasta, cheese, hummus, apples, peppers, melons, berries



HIGH potassium foods to limit: Whole grain foods, banana, grapefruit, canned beans, beef, cantaloupe, tomatoes, and potatoes

Phosphorus (P)

LOW phosphorus foods: Fresh meats, fresh fruits and veggies, soy milk, white breads, light colored sodas, pasta



HIGH phosphorus foods to limit: Chocolate, pizza, dairy, beans, nuts, processed foods, dark colas, lentils, and some frozen foods