

The power of Nutrition

Kidney Friendly Nutrition



Protein

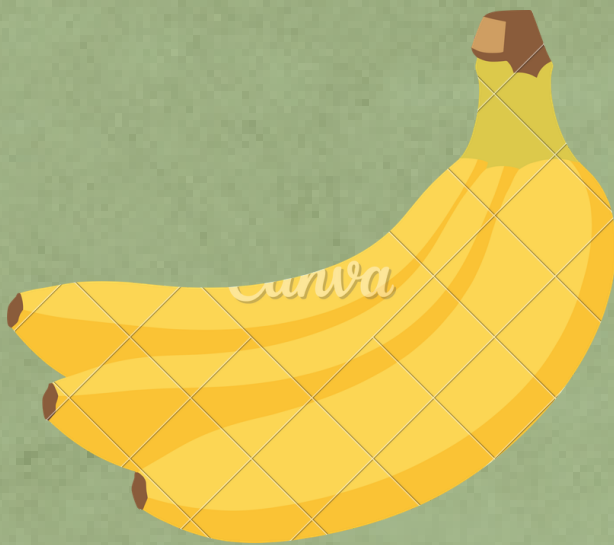
High/ Good Quality Protein

Eggs, Chicken & Fish

Salt

Limit 2,300 mg/day or less

(Choose fresh Veggies or Rinse Canned Veggies)



Potassium

Be Mindful of High Potassium foods (Bananas, Potatoes, Tomatoes & Processed meats/ cheeses)

Phosphorus

Limit 800-1000 mg/day

(Dairy products, Soda, Processed meats and cheeses)



Quick Tips

- **Read food Labels (Salt, Potassium and Phosphorus)**
- **Cook Fresh Veggies or Rinse Canned Veggies**
- **Stay Active and Communicate With Your Care Team**