



PROTEIN & CHRONIC KIDNEY DISEASE

| LIMITING PROTEIN | HOW MUCH IS ENOUGH | LISTEN TO YOUR DOCTOR |

- Basic component of all living cells
- Necessary for our bodies to function properly
- Helps tissue to grow and repair
- Normal kidneys breakdown and filter protein
- Protein is found in meat, chicken, fish, seafood and eggs
- Smaller amounts of protein are found in dairy products, breads, cereals and vegetables

LIMITING PROTEIN

As kidney function decreases, when you have Chronic Kidney Disease, your doctor may tell you to limit your intake of protein. Eating too much protein can damage your kidneys even more. By limiting the protein in your diet you can help preserve the amount of kidney function you have.

HOW MUCH IS ENOUGH?

The average American eats too much protein! If you consume more protein than the size of a deck of cards at each meal, you are typically eating too much. Discuss with your doctor or dietitian the amount of protein you should be eating so you do not over-work your kidneys.

A small serving, 2-3 oz (A 2-3 oz serving of protein is the same size as a deck of cards) of meat, fish, eggs, chicken at each meal is adequate for most people to receive adequate protein. We also have to remember that dairy, breads, beans, legumes and vegetables also contain some protein.

LISTEN TO YOUR DOCTOR

It is important to listen to your doctor or dietitian about the amount of protein that is right for your body. Do what they say to help maintain your kidney function!



Southwest Kidney Institute, PLC
2149 East Warner Road, Suite 101 , Tempe, AZ 85284
480-610-6100
www.swkidney.com