

# Protein



## Proteins are everywhere!

### Some examples include

- Beans, tofu, eggs, and fresh meats (chicken, fish, pork, and beef) as well as nuts and seeds.
- Milk, yogurt, and cheese.
- There are small amounts in carbohydrates and vegetables.

### REST!

Give your kidneys a rest. Only eat 2-3 ounces of protein at a sitting.

### COLOR YOUR PLATE

Don't cut out fruits, vegetables, high fiber grains and rice. These will help you feel full and improve the quality of your meal.

### MIX IN MEATLESS

Once a week (or more), mix in a meal without meat! Plant-based proteins break down to less urea than animal proteins.



### Protein Benefits

Healthy protein levels prevent muscle loss and help fight infections.



### Watch sodium

Protein substitutes and processed meats can be high sodium.



### Go by sight!

The meat on your plate should not be larger than a deck of cards. (21grams)