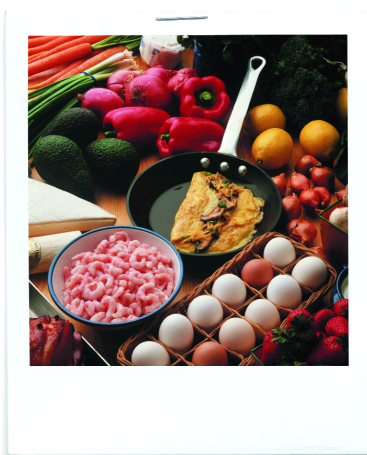


# The Renal Diet - Protein

Diet plays an important role in the management of kidney disease. The diet your physician will ask you to follow will be based upon your level of kidney function, your body size, and any other medical conditions you may have. Your diet may be helpful in delaying the need for dialysis.

**Before making any changes to your diet make sure to discuss them with your physician or dietitian.**



**Protein** is needed to maintain muscles, aid in building resistance to infections, and repair and replace body tissue. As your body breaks down protein foods, waste products called urea are formed. As kidney function declines, urea builds up in the bloodstream.

Protein can be classified as either of high-quality (animal protein) or low-quality (plant protein). Examples of **high-quality protein** are:

- Meat
- Poultry
- Milk products
- Eggs

**Low-quality protein** foods include the following:

- Legumes
- Grains
- Vegetables

You need both types of protein in your diet. Your physician will determine how much protein should be in your diet.

#### References:

- "Diet and Exercise and How They Affect Your Kidneys", *Stay in Touch*, Baxter International Inc., August 2000, 5L0077
- Lancaster, L., *Core Curriculum for Nephrology Nursing*, 4th edition, 2001, pp. 210-211.

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