

## **MEAL PLANNING for KIDNEY HEALTH**

1. Eat 3 balanced meals each day, avoid skipping meals
2. Each meal should include:
  - a good quality protein choice such as poultry, fish, beef, pork, eggs, cheese or milk, beans, lentils, nuts, tofu or peanut butter
  - And
  - food choices from starches and grains (bread, pasta, rice, cereal), fruits and vegetables
3. Eat small portions of protein and spread protein intake over three meals (portion at largest meal- size of deck of cards 2 ½ -3 oz.)
4. Limit milk products, such as milk, yogurt, pudding and ice cream to 125-175mL per day
5. Limit your intake of salt/sodium- buy fresh foods often, cook from scratch, use nutrition facts tables
6. Limit your intake of alcohol, caffeine, sugar and sweetened beverages
7. Choose leaner meats, skinless poultry, unsaturated fats eg. olive oil, canola oil and limit animal / trans fats (see nutrition facts tables)

