



## Calories

Your body gets energy from the calories you eat and drink. How many calories you need depends on your age, sex, size and activity level. You may also need to adjust how many calories you eat based on your stage of kidney disease, treatment or other health concerns. For example, some people with diabetes may need a few less calories. Dialysis patients may need to eat a bit more.

Talk to your doctor or dietitian to find out how many calories you should have each day.



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