



Protein

Protein is one of the building blocks of your body. You need protein to grow, heal and stay healthy. Having too little protein is a problem. Your skin, hair and nails can be weak and brittle. You might have swelling in your feet, hands and face. But having too much protein can also be a problem. This can put more work on your kidneys. The amount of protein you will need depends on your stage of kidney disease, treatment and other health concerns.



Talk to your doctor or dietitian about how much protein you should have each day.

Foods that have a lot of protein are:

- Beans
- Beef
- Chicken
- Eggs
- Fish
- Pork
- Veal
- Yogurt

Foods that have less protein are:

- Bread
- Cereal
- Fruit
- Pasta
- Rice
- Vegetables

American Kidney Fund
6110 Executive Blvd., Suite 1010
Rockville, MD 20852
Call our toll-free HelpLine at 866.300.2900
or email us at helpline@kidneyfund.org.