

## Chronic Kidney Disease and Protein

Protein is an important nutrient that helps build and repair muscles and tissue.

### How much protein do I need?

The amount of protein your body needs depends on your body size. If you have CKD, your doctor may suggest that you follow a low-protein diet. Restricting protein will reduce the amount of waste in your body and reduce the amount of strain on your kidneys. This will slow the progression of your disease.

### Where do I get protein?

There are three major sources:

- Animal protein – red meat, chicken, fish, eggs, milk products, cheese
- Plant sources – grains, beans, vegetables, nuts
- Soy products – soymilk, tofu, soybean flour, soy protein concentrate

### What's best for me?

We recommend a basic guideline:

- No beef
- Chicken or fish twice a week
- Soy protein products for the rest of your protein
- Reduce dairy products to a minimum