

The Renal Diet - Protein

Before making any changes to your diet, make sure you discuss them with your doctor or dietitian.

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.

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.



Eating too much protein may cause urea to build up more quickly. This will make you feel sick.

Eating less protein may be helpful in reducing your blood urea levels.

Reducing protein intake must be monitored by your doctor and dietitian.

Examples of foods high in protein are:

- Meat
- Poultry
- Milk products
- Eggs

Foods low in protein include the following:

- Fresh beans (pinto, kidney, navy)
- Grains
- Vegetables

You need both high quality and low quality protein in your diet. Your physician will determine how much protein should be in your diet.

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