

# Kidney-Friendly Eating Plan

## RIGHT AMOUNT, RIGHT TYPES OF:

**Protein:** One of the nutrients that gives you energy. Your body needs protein to grow, build muscles, heal, and stay healthy.

**Fat:** Another nutrient that gives you energy. Your body needs fat to carry out many jobs, such as using vitamins from your food and keeping your body at the right temperature.

**Carbohydrates:** Your body's main source of energy. Your body can more easily convert carbohydrates into energy than protein and fat.

For details on healthy protein, fat, and carbohydrate sources and serving sizes for specific stages of kidney disease, scan the American Kidney Fund QR Code:

