

Delicious Protein Choices, Meat-Free!

For people on dialysis

Renal Dietitians

a dietetic practice group of the Academy of Nutrition and Dietetics



Cheese (low sodium cheddar, Parmesan, or Swiss)



Cottage Cheese, low sodium



Tofu



Quinoa



Seitan (Wheat gluten)



Tempeh



Cow's Milk, unenriched



Soy Milk, unenriched



Nuts and Nut Butters, unsalted



Soy Nuts, unsalted



Eggs or Egg Whites



Yogurt



Peas (split peas, chickpeas/garbanzo beans, black-eyed peas)



Lentils



Beans

Healthy Tips

- ✓ Include high protein choices at every meal.
- ✓ Check ingredient lists and limit added **phosphates** and salt.
- ✓ Work with your registered dietitian nutritionist (RDN) to find the best choices for you.

More meat-free options can include high protein supplement drinks, bars, and cereals.

Meatless Recipe Resources

- ✓ Vegan Health www.veganhealth.org/articles/kidney
- ✓ Vegetarian Nutrition Practice Group <http://vegetariannutrition.net/recipes/>
- ✓ The Vegetarian Resource Group www.vrg.org