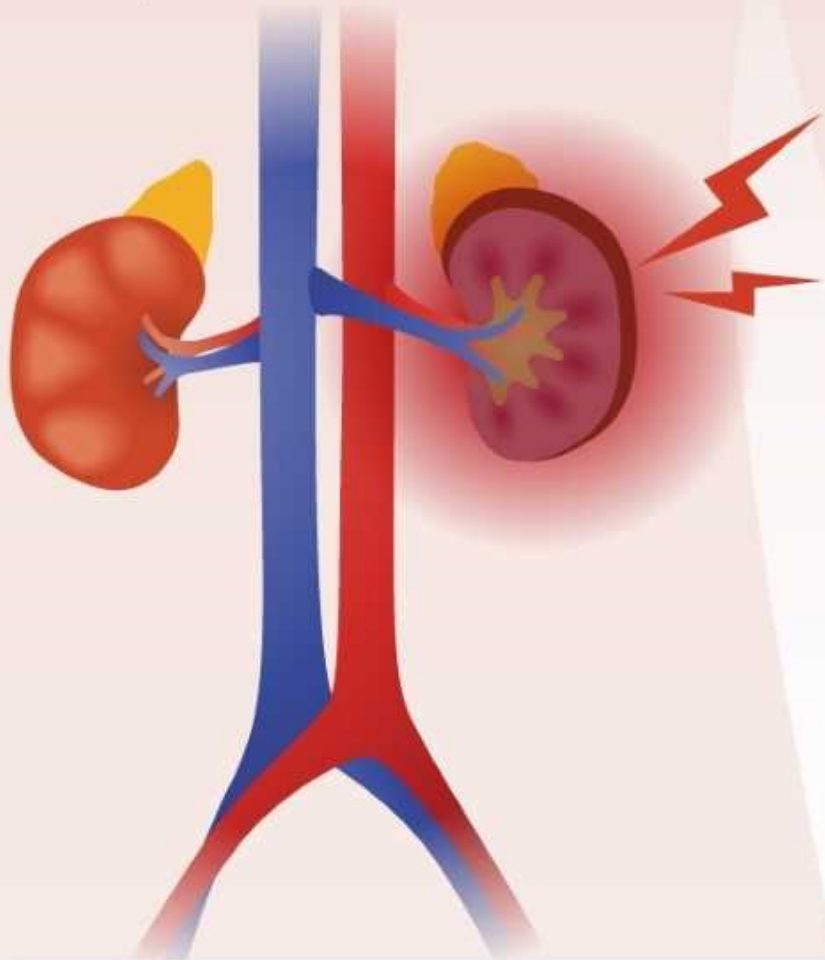


PLANT-BASED DIET FOR CHRONIC KIDNEY DISEASE

For plant-based diet, the emphasis is on the consumption of whole grains, fruits, vegetables, legumes, nuts and healthy oils. Lesser or smaller portions of poultry, fish and other meat products can still be included. However, processed foods, refined grains, snack foods and sugar-sweetened beverages will be excluded.



Choose **whole grains** over refined grains



Snack on **unsalted** nuts and seeds



plant-based

Exclude processed meat

Replace animal sources of protein (meat, poultry and fish) with plant sources of protein (tofu and legumes) in a meal.



Go meatless for one to two meals per week

animal-based



Aim for **2 servings of fruits and vegetables** daily



A plant-based diet does not mean a full vegetarian diet without any source of animal protein. Check with your dietitian to determine if a plant-based diet is right for you.