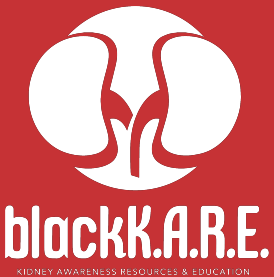


Eating Your Way to Kidney Health



4 Steps to Good Nutrition

- Choose nutrient-dense foods
- Focus on the 5 food groups
- Use MyPlate as a guide to filling your plate
- Build health with the 85%/15% strategy



Eat More Nutrient-Rich Foods

More vegetables, fruits, dried peas and beans, whole grains, low or nonfat dairy, lean meats and poultry, seafood, nuts, and unsaturated vegetables oils

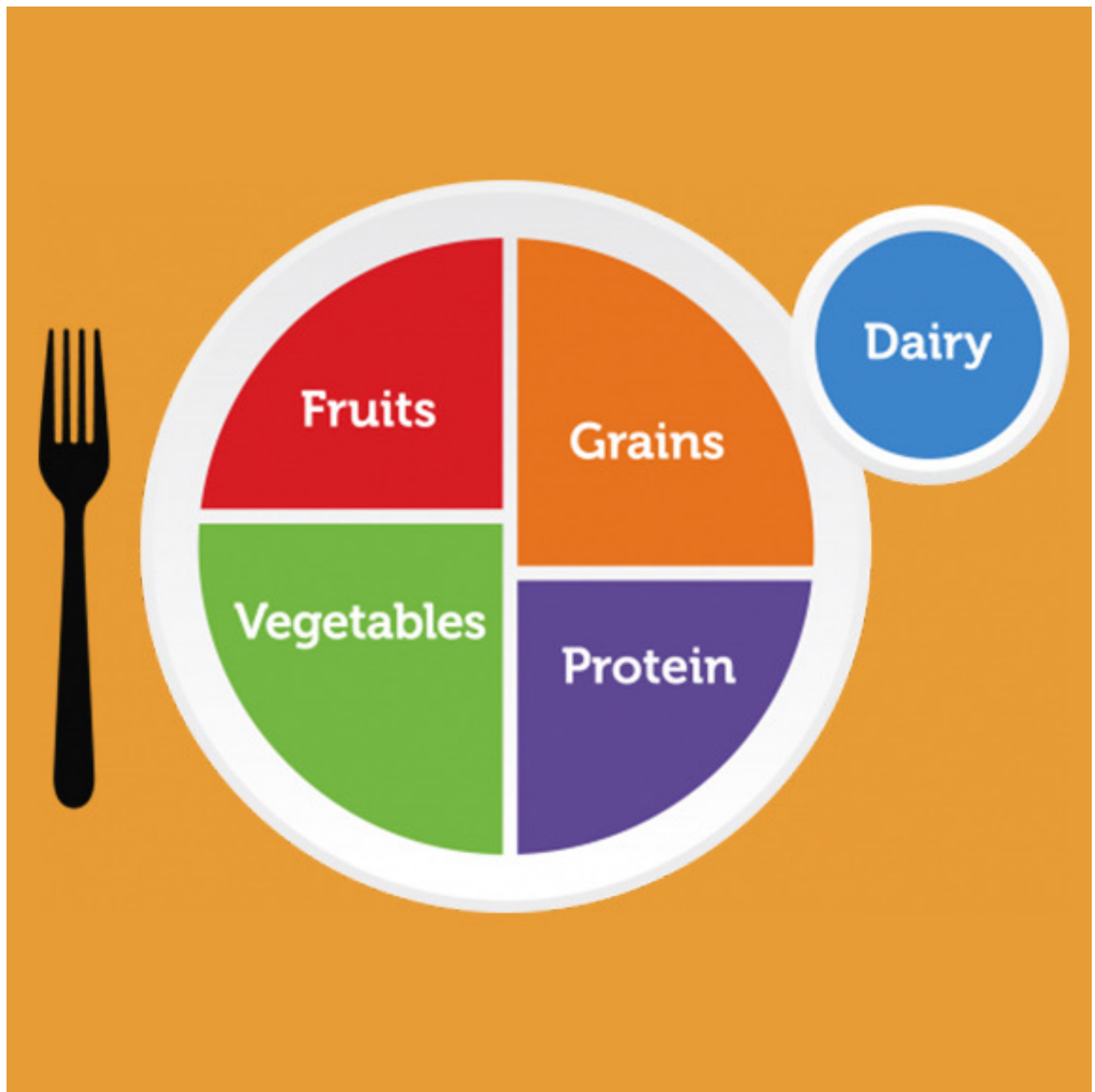


Eat Less Sodium, Saturated Fat, Added Sugars, and Processed Foods

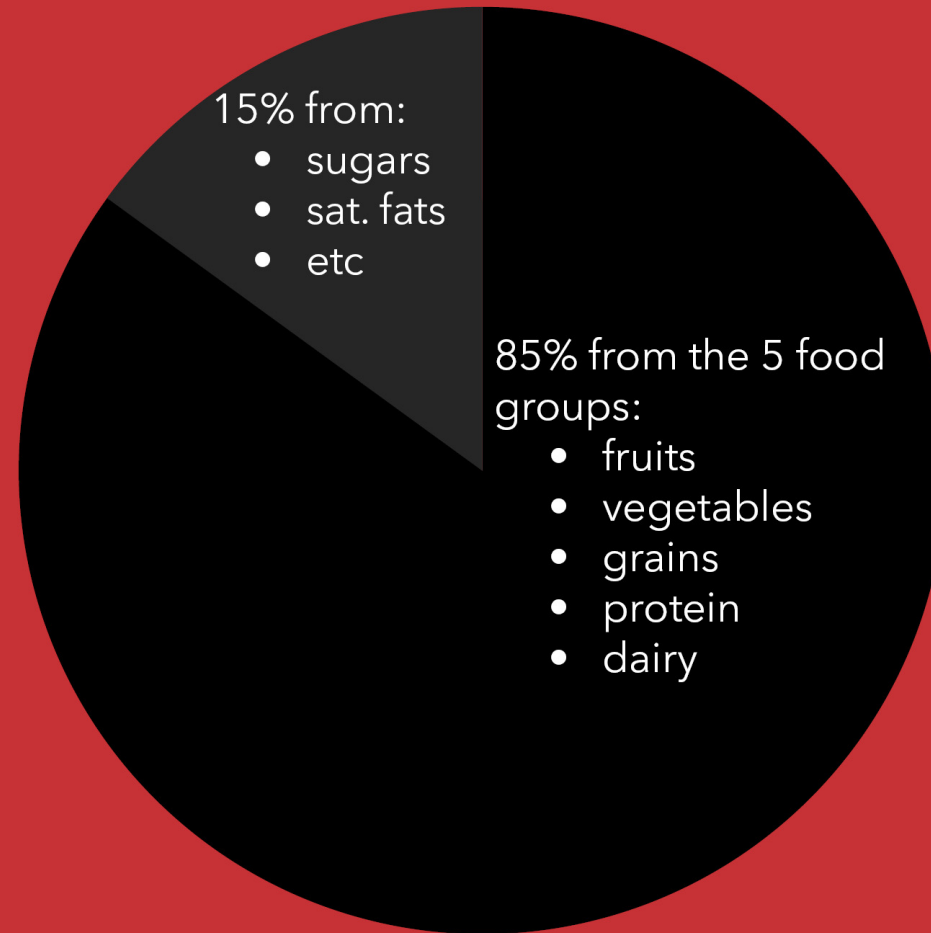
Red and processed meats, sugar-sweetened foods and beverages, refined grains

Focus on the 5 Food Groups





Where Should I Get My Nutrients?



Source: MyPlate.gov

Take charge of your health by
making wise choices
each day, every day.

