



## How Do I Eat the Right Amount of Protein?

Your dietitian will tell you what amount and types of protein are right for you. Here is some general information about protein types and serving sizes:

- Eat smaller portions of meat and dairy. This will also help you lower the amount of phosphorus in your diet, because phosphorus is found in meat and dairy foods.

- **Meat, poultry, and fish:** A cooked portion should be about 2 to 3 ounces or about the size of a deck of cards.



- **Dairy foods:** A portion is ½ cup of milk or yogurt, or one slice of cheese.



- Plant proteins should make up the rest of the protein that you eat. A serving is:

- ½ cup of cooked beans

- ¼ cup of nuts

- a slice of bread



- ½ cup of cooked rice or noodles

## What if I Am a Vegetarian?

There are many good sources of protein for people who do not eat meat or dairy foods. Talk to your dietitian about how to combine plant proteins to be sure you are getting all of the building blocks your body needs.

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

For more information, visit [www.niddk.nih.gov](http://www.niddk.nih.gov) or call 1-800-860-8747.

This content is provided as a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health. The NIDDK translates and disseminates research findings to increase knowledge and understanding about health and disease among patients, health professionals, and the public. Content produced by the NIDDK is carefully reviewed by NIDDK scientists and other experts.

