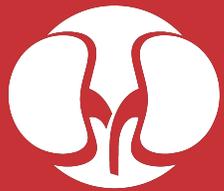


# Eating Your Way to Kidney Health



**blackK.A.R.E.**  
KIDNEY AWARENESS RESOURCES & EDUCATION

# 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

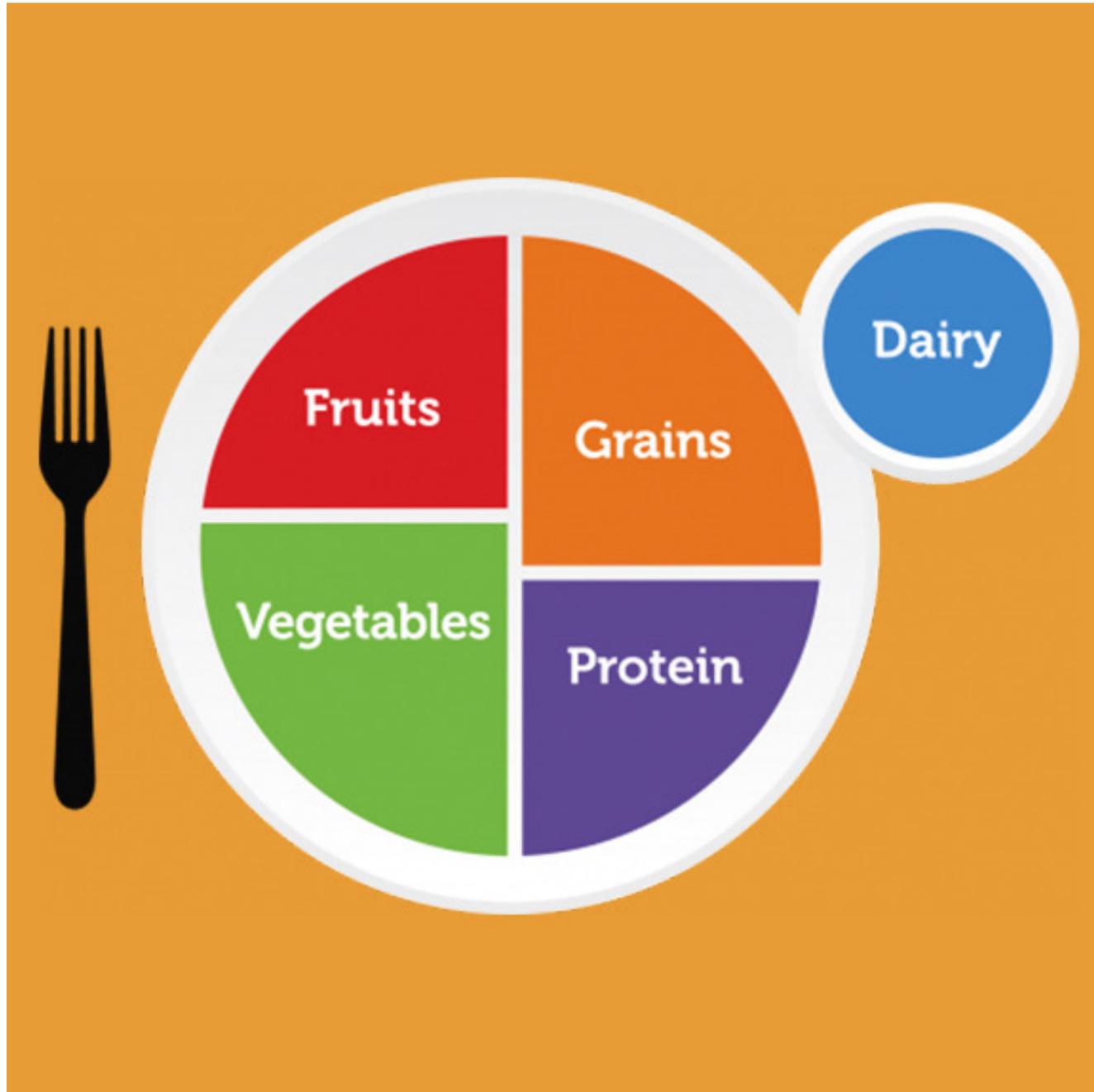


## **Eat Less Sodium, Saturated Fat, Added Sugars, and Processed Foods**

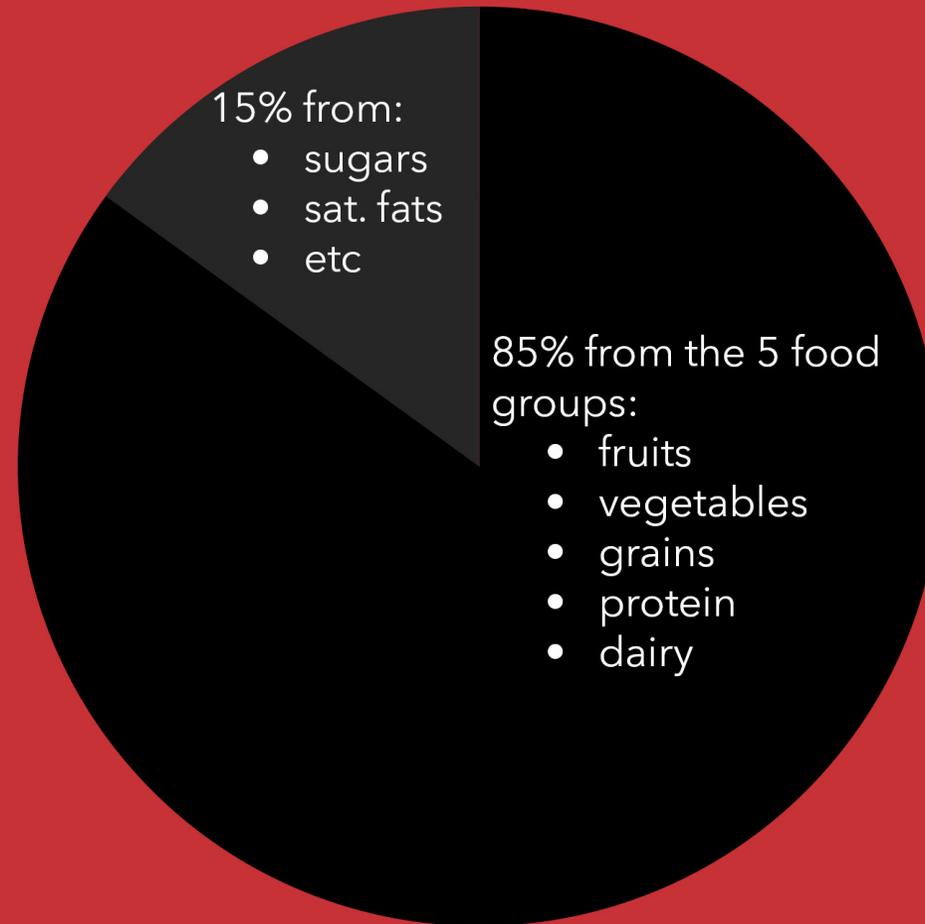
Red and processed meats, sugar-sweetened foods and beverages, refined grains

# 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.

