

Name: _____

Date: _____

Kidney Friendly Sources of Protein

X P T P E V E S D H W H J U S V F R X E U I Q N
O A Z P T R U G O Y K E E R G F E E B G K V T L
G C K O O N Q X H B M A L P U Y R N E L Q F D P
S S J Y N H R V H P F F X C H I C K E N J W N K
L R Q P I E K D P E D X M C G E W S V R O C Y D
Q L E E Z Y P W I D Q B G L H A B A R C O P Q I
L M Q D Z Q L E O V T Z W P Z S I O J F O X N Q
X Q N G W C Y A R D N Q M Z I S L K W L S T V N
J A I E C O X E N F N R V V C T U A L H R F Z T
S V V K V I P E K E E H S I F P P A P V T S F R
J Y E R F V F N T R R C Q B J S R X M T M R A A
A B N O W H N O I I U E T J P M Z S Q U S R F P
M C A P P D A C S E H T C P X M P J V N H E T Y
E U S H E B X U J Q T W M R R G I H M G X W A G
Y V I S M W B W D N J O G B U O Y R P I P R M B
U X N E H H Q P F U J C R G U O T J H C R R E E
M X R R B C F U P F T E V P E B S E J S E B S D
A B E F D Q C V S I U N R Q K N K A I N E P R O
Z P E Z N V D L W G E Q D I S M Z S V N Q U Q V
I Z A Z H L K Y U F X F L G V H E O Z O B Z N B
L X X T H B J D D W L J P I F I O H M B N A H M
X E A B U O U X S U W L I Q U A C E L E U U R E
U U E K K F M B C E G G S I F J V B M K O W Z S
L H E U T F B G B C E F Q E J P D V E L A E V W

Zone Perfect Protein Bars

Greek yogurt

Liquacel

shrimp

crab

veal

Novasource Renal

fresh pork

venasin

turkey

fish

beef

Protein Powders

egg white

chicken

Nepro

lamb

eggs