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There is no standard â€œkidney dietâ€• and managing your kidney diet needs can be quite challenging, especially if you have to balance two or more different diets at the same time (such as a diabetic diet or heart health diet with your kidney diet).

Kidney Diet Information | Kidney Community Kitchen
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NKF Brochures | National Kidney Foundation
A vegetarian diet focuses on plants for food. These include fruits, vegetables, dried beans and peas, grains, seeds and nuts. There is no single type of vegetarian diet.

Vegetarian Diet: MedlinePlus
A high-protein diet is low in fat or carbohydrate consumption, and is not the same as a low-carbohydrate diet which may not be food-energyâ€"controlled and may include fat. [citation needed] Example foods in a high-protein diet include lean beef, chicken or poultry, pork, salmon and tuna, eggs, and soy.A diet is considered "high in protein" if daily protein consumption exceeds 15% of total ...

High-protein diet - Wikipedia
Browse the WebMD Questions and Answers A-Z library for insights and advice for better health.

Questions & Answers A to Z: Directory of All WebMD Q&As
The Paleo diet, also known as the Hunter-Gather, Stone Age or Caveman diet is all the rage these days. Everyone has heard of it, even if they havenâ€™t tried it yet.

The Problem with the Paleo Diet - Ayurveda | Everyday Ayurveda
Below is a list of the most commonly asked questions about the ketogenic diet. Simply click on the question you're interested in and it will take you right to the answer.

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