

# LOW PROTEIN DIET PLAN – INFOGRAPHIC

## What Is a Low Protein Diet?

A diet that limits protein intake to support kidney, liver, and metabolic health.

## Benefits

- Reduces kidney workload
- Supports liver function
- Improves digestion
- Reduces inflammation
- Encourages mindful eating
- Promotes balanced nutrition

## Foods to Eat

- Fruits: banana, papaya, melons, grapes
- Vegetables: carrots, cabbage, pumpkin, cucumbers
- Grains: rice, oats, wheat, millets
- Healthy fats: olive oil, coconut oil, avocado
- Snacks: puffed rice, makhana, boiled potatoes
- Dairy alternatives: coconut milk, rice milk

## Foods to Avoid

- Red meat, processed meat
- Chicken, fish, seafood
- Eggs and dairy
- Lentils, beans, chickpeas, soy
- Protein powders and bars

## Sample Meal Ideas

- Breakfast: oats porridge, fruit bowl
- Lunch: rice + coconut veg kurma
- Dinner: vegetable khichdi (no dal)
- Snacks: fruits, puffed rice, smoothies

## **Gentle Yoga Tips**

- Morning stretches
- Cat–Cow pose
- Seated forward bend
- Reclined butterfly pose
- Deep breathing (4-2-6 pattern)

## **Key Reminder**

Follow this diet under medical guidance. Protein is essential — balance matters.