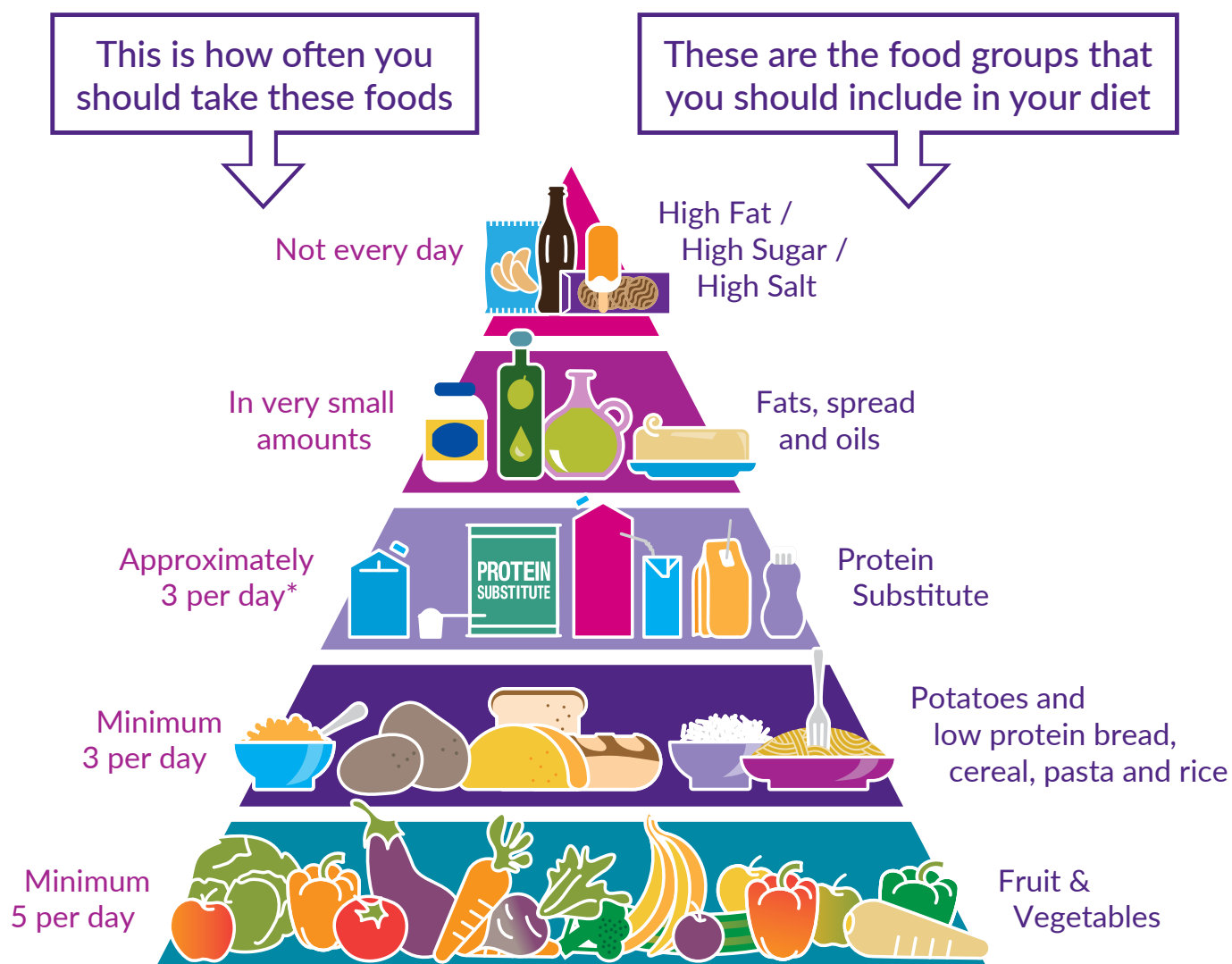


Low Protein Food Pyramid

The low protein food pyramid is a guide to healthy eating while following a low protein diet, to help manage an Inherited Metabolic Disorder.

The low protein food pyramid shows the amounts of the different foods that are recommended each day and which foods should be eaten less frequently, which overall contribute to a healthy diet.



Based on: www.safefood.eu/Healthy-Eating/What-is-a-balanced-diet/The-Food-Pyramid.aspx

*Depending on your protein requirements.

This resource is intended for patients who have an Inherited Metabolic Condition and following a low protein diet.

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For more information contact your dietitian, visit www.lowproteinconnect.com or call
UK: Nutricia Resource Centre on 01225 751098 NI: Metabolic Freephone on 0800 973 216
ROI: Metabolic Freephone on 1800 923 535