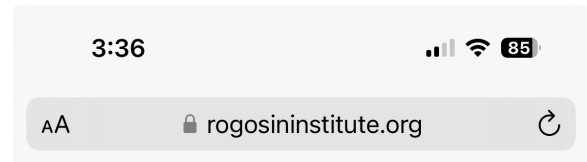
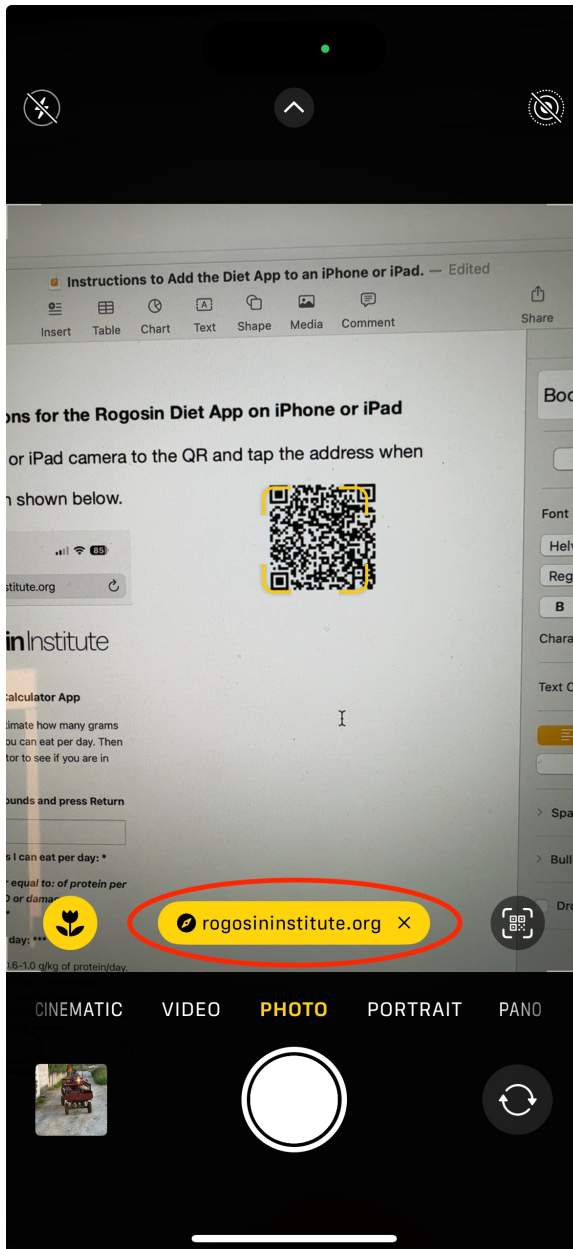


## Installation Instructions for the Rogosin Diet App on iPhone or iPad

1. Point your iPhone or iPad camera to the QR code and tap the address when it appears.
2. Tap the Share icon shown below.



### Daily Budget Calculator App

Use this calculator to estimate how many grams of protein and calories you can eat per day. Then fill out the meals calculator to see if you are in budget.

Enter your weight in pounds and press Return

Protein range in grams I can eat per day: \*

*Eating greater than or equal to: of protein per day may advance CKD or damage a transplanted kidney\*\**

Calories I can eat per day: \*\*\*

\*Based on a range of 0.6-1.0 g/kg of protein/day.

\*\*Based on eating  $\geq 1.2$ g/kg of protein/day.

\*\*\*Based on eating 25 calories/kg/day.

Sodium calculation is based on 2300mg per day.

### Meals Calculator



3. Scroll down to and tap on Add to Home Screen. The App will be added to your home screen Tap the icon to use the Calculator.

