

Protein And Your Dialysis Diet

Why is Protein Important?

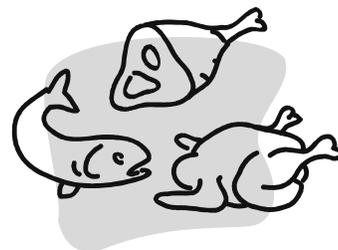
Protein is used to build and repair muscles, fight infections and heal wounds. During dialysis you will lose protein from your body. You need to eat extra protein to replace the protein you lose during dialysis.

Eating too little protein can lead to malnutrition, weight loss, weakness, poor health, and greater risk of infection. It is also important to obtain sufficient non-protein calories from healthy fats and carbohydrates so the protein you eat is not wasted for energy.

Which Foods Contain Protein?

Foods that are high in protein include:

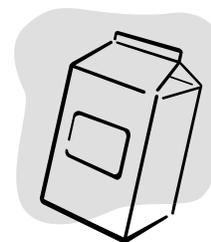
- Meat such as beef, pork, veal, lamb, venison
- Fish such as salmon, tuna, cod, halibut, sole
- Shellfish such as shrimp, lobster, clams, scallops
- Poultry such as chicken, turkey, duck
- Egg or egg white
- Tofu



What About Phosphorus?

The following foods contain protein but are higher in **phosphorus**. They usually need to be avoided or limited. Your dietitian can tell you if you can eat these foods and if so, how much.

- Peanuts, peanut butter, nuts, nut butters, seeds
- Milk, yogurt, pudding, custard, ice cream
- Soy milk, cheese, cottage cheese
- Dried beans such as kidney beans, peas, lentils
- Oysters, liver



What About Sodium?

The following foods contain protein but are higher in **sodium (salt)**.

They usually need to be avoided or limited. Your dietitian can tell you if you can eat these foods and if so, how much.

- Processed meats such as bacon, ham, wieners, cold cuts
- Smoked, pickled, canned meats
- Battered fish sticks

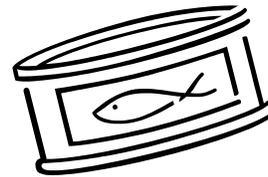


How Much Protein Do You Need Each Day?

You need _____ choices of high-protein foods each day.

One “choice” of high-protein food is:

- 1 ounce (30 g) cooked beef, pork, lamb, veal, or wild game
- 1 ounce (30 g) cooked chicken, turkey or duck
- 1 ounce (30 g) cooked fish
- ¼ cup canned fish or shellfish
- 1 egg or ¼ cup egg white
- ½ cup dried beans, peas, lentils (cooked)
- ¼ cup firm tofu or ½ cup soft tofu
- 1 scoop (2½ tbsp) protein powder
- ½ can Ensure Plus or Nepro; ¾ can Glucerna
- 6 tbsp (90 g) Greek style yogurt



Note: a 3 oz (90 gm) portion of cooked meat/fish/chicken is about the size of a deck of cards.

When Should You Eat Protein Foods?

Your protein choices per day could be divided like this:

_____ at breakfast (example: _____)

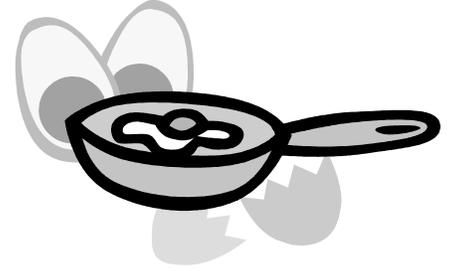
_____ at lunch (example: _____)

_____ at dinner (example: _____)

_____ at snack time (example: _____)

How Can You Increase Your Protein Intake?

- Eat high protein foods at every meal and/or snack
- Eat the protein food first before other food items
- Double the meat or fish in your sandwich
- Add extra egg whites to homemade French toast, pancakes or waffles
- Add firm tofu to stir fries and casseroles
- Add meat or poultry to homemade soups or salads
- Add cut up egg or egg white to salads or casseroles
- Keep hard cooked eggs on hand for easy snacks
- Eat baked custard, bread pudding, or rice pudding made with extra eggs or egg whites
- Add pasteurized liquid eggs such as Naturegg Break-free®, Omega Pro®, or Simply Egg Whites® to shakes
- Cook extra portions of protein foods (i.e. chicken breasts) to have leftovers for meals or snacks
- Add protein powder to suitable beverages and foods



Where Can I Find More Information?

www.aakp.org

www.davita.com

www.kidney.org

www.rsnhope.org

www.myspiceitup.ca

www.kidneycommunitykitchen.ca

Tips from your dietitian:

Contact your dietitian if you have any questions.

Dietitian: _____ Phone: _____

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