



## Kidney disease - getting the right amount of protein

### Why is protein important?

Protein is an important building block of our immune system, helping us to heal and fight off infection. It also helps us to maintain or build lean muscle mass.

### What foods contain protein?

The best sources of protein are animal foods such as red and white meat, fish, eggs, milk and milk products like custard, yoghurt and cheese. Other good sources of protein include meat alternatives like legumes, lentils, nuts and tofu.

### How much protein do I need?

Everyone has different protein needs. Your protein needs depend on a number of factors such as your stage of kidney disease, whether you are on dialysis, and if you are losing weight or muscle mass. Eating the right amount of protein is important. Your Dietitian can advise you how much protein you need each day.

**You need a total of \_\_\_\_\_ grams (g) of protein each day**

<b>Meat</b>	
Aim for _____ g from this group	
<b>Food</b>	<b>Grams (g)</b>
Beef 100g (lean/cooked)	30
Chicken 100g (lean/cooked)	30
Lamb 100g (lean/cooked)	30
Pork 100g (lean/cooked)	30
Fish 100g (cooked)	30
1 Egg (medium)	7
Ham, chicken or turkey 25g (sliced)	4
Tuna/ salmon 100g (canned)	20

<b>Milk &amp; milk products</b>	
Aim for _____ g from this group	
<b>Food/drink</b>	<b>Grams (g)</b>
Milk, cows or goats or soy 250ml (1 cup)	8
Custard 250ml (1 cup)	9
Yoghurt* 200g (1 tub)	10
Cottage or Ricotta cheese 60g (3 Tablespoons)	10
Hard cheese 40g (2 slices)	10
Ice cream 85mls (3 level scoops)	3
Creamed rice 150g	5

<b>Non animal products</b>	
Aim for _____ g from this group	
<b>Food/ drink</b>	<b>Grams (g)</b>
Tofu 100g	12
Peanut Butter* Tablespoon 25g	7
Raw Nuts* 30g (¼ cup)	8
Baked Beans or other Legumes* 150g (½ cup)	5
Tahini Seed Paste 25g	5
Falafel Patties* 50g	5
Coconut Milk* 250ml (1 cup)	4
Chia Seeds* 15g	3
Rice Milk, Almond Milk* (1 cup)	1

<b>Fruit, vegetables and grains</b>	
<b>Food</b>	<b>Grams (g)</b>
Breads, pasta and rice (1 slice or ½ cup cooked)	3
<i>Nutri-Grain™</i> (1 cup), <i>Special K™</i> (1 cup)	8
Semolina (50g), <i>All Bran™*</i> (1/2 cup)	6
<i>Plus Protein™</i> (1 cup)	5
<i>Weetbix™</i> (2 biscuits) <i>Sustain™</i> (3/4 cup) <i>Just Right™*</i> (2/3 cup)	4
Vegetables/ Fruit* 1 piece or ½ cup	1

Note: Be mindful of foods marked with \* if you have been advised to limit high potassium foods by your dietitian or doctor

### What about nutrition supplements?

Your Dietitian may recommend a nutrition supplement to help you meet your protein needs.

The supplement you have been recommended is:

\_\_\_\_\_

This provides \_\_\_\_\_ grams of protein each day.

### Remember:

If you have been prescribed phosphate binders, remember to take these when you eat protein rich foods or have a nutrition supplement.

If you have any questions about your protein intake or if you are losing weight unintentionally contact your Dietitian.

### Your Dietitian is:

\_\_\_\_\_