

Protein IN YOUR DIET

Here are more tips to help (circle what you will try)

1. Eat 4-6 small meals or snacks throughout the day.
2. Include protein in each meal and snack. Peanut butter is easy.
3. Allow your full serving of dairy foods. Have 1/2 cup of milk at meals or put cheese on your sandwich.
4. Eat a protein bar, or eat half and put the rest away for another time.
5. Try a protein powder. Your dietitian can help you choose one and give you ideas for using it.
6. Try a protein drink like Carnation Instant Breakfast™, Ensure Plus™ or Boost Plus™. Ask your dietitian about other protein drinks.
7. Make your own protein drink, see the recipe below:

Egg white smoothie

- 1 cup pasteurized liquid egg white
- 3 tablespoon nondairy frozen whipped topping
- 1 tablespoon sugar or sweetener
- 1/4 teaspoon vanilla or any flavoring

Combine all the ingredients in a blender or mixer and blend until very smooth. Serve at once.

Exercise can help

Try to be active some way each day. Using your muscles keeps them strong. Your dietitian has ideas and tools that can help you.

Malnutrition

If you are not eating enough protein foods, your albumin may drop below 4.0. This increases your risk of infection. Patients with albumin levels above 4.0 have the best survival rate.

If your albumin is low, the cells in your body cannot hold fluid very well. This leads to swelling (edema) and low blood pressure. Low albumin also makes it harder for dialysis to remove extra fluid.

Eating a good amount of protein every day will help you avoid these serious problems.

Your Dietitian: _____
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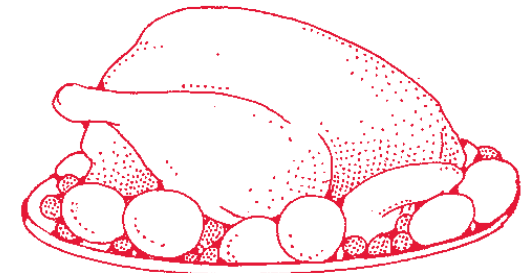
For people on peritoneal dialysis

If you are on peritoneal dialysis (PD), you need to eat a high-protein diet. This is because you lose protein during each peritoneal dialysis exchange.

To stay healthy, you need to eat enough protein for your daily needs and also make up for protein lost in exchanges.

Meat, fish, poultry, eggs and other foods from animals provide most of the protein in your diet. Non-animal proteins like beans, nuts, legumes and tofu are good sources of protein as well.

Your body uses protein to build and repair muscles, skin, blood and other tissues, and fight infection.



Albumin

Albumin is a protein found in your blood. Each month your lab test measures your albumin. It is a good way to know how healthy you are.

Your albumin levels should be more than 4.0 mg/dl.

What is your level now? _____

Keeping a healthy albumin level

Make sure you eat enough protein every day. How much protein you need depends on how much you weigh.

Find your weight on the chart below to see how many servings you need each day.

<i>If you weigh:</i>	<i>You need:</i>
40 kilograms	6 – 7 servings
50 kilograms	8 – 9 servings
60 kilograms	10 – 11 servings
70 kilograms	11 – 12 servings
80 kilograms	12 – 13 servings
90 kilograms	14 – 15 servings

Your weight is: _____ kilograms

You need: _____ servings of protein each day.

This is ____ grams of protein each day from animal foods.

One serving of protein is:

- 1 ounce cooked meat, fish, poultry
- 1/4 cup canned fish, seafood
- 1 egg
- 1/2 cup tofu
- 1 cup milk
- 1 ounce cheese
- 1/4 cup cottage cheese
- 3/4 cup pudding or custard
- 2 tablespoons peanut butter
- 1 ounce nuts
- 1/2 cup lentils, beans

If you are reading a food label, one serving of protein = 7–8 grams.

Common serving sizes

Most people eat protein foods in portions larger than one serving. Examples are:

- Average hamburger patty (3 ounces) = 3 protein servings
- Small steak (3" x 4") = 4 protein servings
- Half chicken breast (3 ounces) = 3 protein servings
- Chicken thigh or drumstick (2 ounces) = 2 protein servings
- Fish filet (3" x 3") = 3 protein servings.
- Small pork chop (3" x 4") = 3 protein servings.

Estimating your serving sizes

Here are some other easy ways to estimate protein serving sizes.

- Your whole thumb is 1 ounce.
- Your whole thumb is 1 tablespoon.
- 3 stacked dice are 1 ounce.
- A deck of cards is 3 ounces.
- Your clenched fist is about 1 cup.
- The palm of your hand is 3–5 ounces.

Tips for eating more protein

Some people on PD find it hard to eat enough protein. You may find the smell or taste of protein unpleasant. A feeling of fullness from the PD solution may lower the amount you can eat at one time.

Here are some tips to help (circle what you will try)

1. Eat cooked protein foods cold.
2. Make meals ahead of time or stay away from cooking smells.
3. Use sauces, seasonings or spices to improve or hide flavors.
4. Add cooked meats, eggs, nuts, beans, or peas to soups or salads.
5. Use more eggs. Try a hardboiled egg as a snack, egg salad sandwiches, quiches or custards.