PROTEIN IN YOUR DIET

- Use more eggs. Try hardboiled eggs, egg salad sandwiches, custards, or quiches. Stir beaten eggs into casseroles and soups.

- Try other protein foods such as angel food cake, peanut butter or bean salads.

- Eat a protein bar. Your nutritionist can help you choose one.

- Use a protein powder. Your nutritionist can help you choose one and give you ideas for using it.

Nutritional supplements

Nutritional supplements, such as canned milkshake-type food, provide extra calories and protein. In general, use one can of supplement as a snack each day. Add one extra can for each meal you miss.

Not all nutritional supplements are safe for dialysis patients. Check with your nutritionist before using any supplement.

Here are some of the supplements that are used by people on dialysis:

Ensure Plus ™
Nepro ™
Boost Diabetic ™
Boost Nutritional Pudding ™
Promod Protein Powder ™
Beneprotein Powder ™
Boost Plus ™
ReNeph ™

Exercise can help

Try to be active in some way each day - walking, swimming, gardening, stretching, etc. Using your muscles helps keep them strong.

Malnutrition

If you are not eating enough meat, fish, poultry, eggs and other high-protein foods, your albumin level will drop below the recommended level.

Low albumin increases your risk of death. Patients with albumin levels above 4.0 have the lowest death rate.

If your albumin level is low, the cells in your body cannot hold fluid very well. This leads to swelling (edema) and low blood pressure during dialysis.

It is also important to eat enough calories. Your nutritionist can help you make sure you are getting plenty of protein and calories.

Northwest Kidney Centers Mission:
To promote the optimal health, quality of life and independence of people with kidney disease through patient care, education and research.

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For People On Hemodialysis

You need to eat a high-protein diet. This is because you lose protein during each dialysis treatment.

To stay healthy, you need to eat enough protein for your daily needs and also make up for the amount lost during dialysis.

Meat, fish, poultry, eggs, and other foods from animals provide most of the protein in your diet. Your body uses protein to build and repair muscles, skin, blood and other tissues.

NORTHWEST KIDNEY CENTERS

Albumin

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

Your albumin level should be more than 3.4 mg/DL.

What is your level now? _____

Keeping a healthy albumin level

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

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

Protein servings for you

If you weigh:	You need:
40 kilograms	4-5 servings
50 kilograms	5-6 servings
60 kilograms	6-7 servings
70 kilograms	7-8 servings
80 kilograms	8-9 servings
90 kilograms	9-10 servings

Your weight: _____ kilograms

You need: _____ protein servings each day

One serving of protein is:

1 egg
1 ounce cooked meat, fish, poultry
1/4 cup cooked/canned fish, seafood
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 scoop protein powder
1/2 protein bar

Common serving sizes

Most people eat protein foods in portions larger than 1 serving.

Here are some examples:

Average hamburger patty (3 ounces)
= 3 protein servings

Small beefsteak (3" x 4")
= 4 protein servings

Half chicken breast (3 ounces)
= 3 protein servings

Chicken drumstick or thigh (2 ounces)
= 2 protein servings

Average pork chop (3 ounces)
= 3 protein servings

Fish fillet (3" x 3")
= 3 protein servings

Estimating serving sizes

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

- Your whole thumb is about the size of 1 ounce.
- 3 stacked dice are about the size of 1 ounce.
- A deck of cards is about the size of 3 ounces.
- The palm of your hand is about the size of 3-4 ounces.
- Your clenched fist is about the size of 1 cup.

Tips for eating more protein

Some people on dialysis do not like the taste of protein. Other people find that cooking smells are unpleasant. Still others are not able to eat enough protein each day.

Here are some tips to help:

- Use gravy, sauces, seasonings or spices to improve or hide flavors.
- Prepare meals ahead of time or stay away from cooking smells if they spoil your appetite.
- Eat cooked protein foods cold. Try cold fried chicken, a roast beef sandwich or shrimp salad.
- Add cut-up meats to soups or salads.