



If you need to limit protein

FOR PATIENTS NOT ON DIALYSIS

What is protein?

Protein is a nutrient that helps build muscle, repair tissue, and fight infection

Why limit protein?

For people with early kidney disease, eating less protein may help to:

- prevent wastes from building up in the blood
- keeps kidneys working longer

How much protein is okay to eat?

Your healthcare professional recommends eating less than:

_____ g per day

USE HEALTHY TIPS

to shop, plan, and prepare meals with less protein

For soups

- Use lower-protein foods such as rice and pasta to add bulk to a soup.
- Use low-protein milk substitutes when making cream soups.

For sandwiches

- Fill sandwiches with lettuce, alfalfa sprouts, cucumber, chopped celery, apple, parsley or water chestnuts.
- Eat bread that is more thickly sliced. Or try more flavorful breads (such as sourdough or rye bread).

At restaurants

- Share a main course with a dining companion or bring half home.
- Substitute a high-protein appetizer as your main course.
- Remember, dishes prepared with milk, nuts, or eggs contain additional protein.
- Vegetarian dishes containing dried beans or lentils are high in protein.
- Choose restaurants best suited to your diet or where food is made to order. Call ahead and explain that you are following a special diet. Ask about the menu and how their food is prepared. Many restaurants have websites with menus posted.

At home

For main dishes

- Use allowed vegetables and grains as your main dish; use meats or other high-value protein as your side dish.
- Try kebabs. Use smaller pieces of meat with more vegetables or fruits.
- Prepare dishes with small pieces of meat, such as chicken, mixed in with rice or pasta. Chicken or shrimp with rice or ground meat with pasta works well.
- For casseroles, use smaller amounts of meat than the recipe calls for, and increase the starch (rice or pasta). Use only low-sodium soups in casserole recipes.
- Allow extra portions or larger servings of bread, rolls, pasta and rice to help meet your calorie needs without increasing your protein intake by much.
- For a stronger cheese taste with a smaller amount of cheese, buy sharp cheddar, Parmesan or Romano cheese and sprinkle lightly.

READ FOOD LABELS

to find the best choice for your diet

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

Servings Per Container lists how many portions per container.

Serving Size tells you what a single portion is.

% Daily Value is based on a 2,000 calorie daily diet. This number helps you know if a food is high or low in a nutrient, even if you eat more than 2,000 calories.

Protein is listed per serving.

Ingredients are listed in order of weight, with the item of the most weight listed first.

INGREDIENTS: WHOLE-WHEAT, SOYBEAN AND/OR PALM OIL, SALT. **CONTAINS: WHEAT.**

Each 7 grams of protein = 1 oz of meat, poultry, or fish.

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

HIGH-PROTEIN FOODS

- Red meats



- Poultry (chicken and turkey)



- Fish and other seafood



- Eggs



- Milk and cheese



- Beans, legumes, nuts and soy



LOW-PROTEIN FOODS

- Fruits



- Vegetables



- Whole Grains such as wheat, brown rice, oats, barley, quinoa, rye



- Cereals



COMMON SERVING SIZES

FOOD GROUP	SERVING SIZE
Meat, fish, and poultry	
Meats, fish, poultry	1 oz cooked
Dairy	
Milk or milk substitute	4 oz or 1/2 cup
Egg	1 egg or 1/4 cup egg substitute
Cheese	1 oz
Grains	
Cooked pasta, rice	1/3 cup
Cereal, cooked	1/2 cup
Cereal, ready-to-eat	1 cup
Bread	1 slice
Hamburger bun	1/2 bun
Vegetables	
Cooked	1/2 cup
Raw	1 medium or 1 cup cut up
Juices	4 oz or 1/2 cup
Fruits	
Fresh	1 small or 1/2 large
Canned or frozen fruit	1/2 cup
Juices	4 oz or 1/2 cup
Berries	1/2 cup
Grapes, cherries	12
Dried fruit	1/4 cup
Fats and oils	
Oils, margarine	1 teaspoon
Mayonnaise	1 tablespoon
Salad dressing	2 tablespoons
Sweets	
Cookies	1 cookie
Ice cream, sorbet, gelatin	1/2 cup
Cake, 2 x 2 inches	1 piece
Fruit pie	1/6 of 8-inch pie
Sugar, jelly, jam	1 tablespoon
Nuts, seeds, and legumes	
Nuts	1/4 cup or 1 oz
Seeds	2 tablespoons
Cooked legumes, beans, peas	1/2 cup
Peanut butter	2 tablespoons