

# If you need to limit protein

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

## Why limit protein?

In people with early kidney disease, eating less protein helps to:

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

## How much is okay to eat?

Your doctor recommends eating less than

\_\_\_\_\_ g per day.

## READ FOOD LABELS

to find the best choice for your diet

*Serving size* tells you what a single portion is.

### Nutrition Facts

Serving Size 6 crackers (28g)  
Servings Per Container About 10

Amount Per Serving	
Calories 120 Calories from Fat 40	
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated 2.5g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Potassium</b> 110mg	<b>3%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 3g	12%
Sugars 0g	
<b>Protein</b> 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 4%	
Phosphorous 10%	

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

*Servings per container* lists how many portions per container.

*% 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.

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

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

## USE HEALTHY TIPS to shop, plan, and prepare meals with less protein

### 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.

#### 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.

PARTNERS IN EDUCATION



**LitholinkCKD**  
Comprehensive Program for Chronic Kidney Disease

## What are high-protein foods?

- Red meats 
- Poultry (chicken and turkey) 
- Fish and other seafood 
- Eggs 
- Milk and cheese 
- Beans, legumes, nuts and soy 

## What has less protein?

- Fruits 
- Vegetables 
- Grains (not whole grains) 
- Cereals 



## What is a common serving size?

FOOD GROUPS	SERVING SIZES
<b>Meat, fish or poultry</b>	
Meats, poultry, fish	1 oz cooked
<b>Dairy</b>	
Milk or milk substitute	4 oz or 1/2 cup
Egg	1 egg or 1/4 cup egg substitute
Cheese	1 oz
<b>Grains</b>	
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
<b>Vegetables</b>	
Cooked	1/2 cup
Raw	1 medium or 1 cup cut up
Juices	4 oz or 1/2 cup

FOOD GROUPS	SERVING SIZES
<b>Fruits</b>	
Fresh	1 small or 1/2 large
Canned or frozen fruit	1/2 cup
Juices	4 oz or 1/2 cup
Berries	1 cup
Grapes, cherries	12
Dried fruit	1/4 cup
<b>Fats and oils</b>	
Oils, margarine	1 teaspoon
Mayonnaise	1 tablespoon
Salad dressing	2 tablespoons
<b>Sweets</b>	
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
<b>Nuts, seeds, and legumes</b>	
Nuts	1/4 cup or 1 oz
Seeds	2 tablespoons
Cooked legumes, dry beans, peas	1/2 cup
Peanut butter	2 tablespoons

Dietitians who specialize in kidney disease can tell you how many servings from each food group you are allowed at each meal. Depending on your diet prescription and preferences, you may be allowed to eat more than one.