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. Use breads that are low in protein.
• Use breads that are low in protein and that are 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. Explain that you are following a special diet which needs to be low in protein and salt.
• Ask about the menu and how their food is prepared. Many restaurants have websites with menus posted.

At home
For main dishes
• Use vegetables and low protein foods as your main dish; use lean 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 casserole, 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.
• You can buy or make grain products such as bread and pasta that are even lower in protein than regular versions. These foods allow you to add more calories and variety to your diet.

Each 7 grams of protein: 1 oz of meat, poultry or fish.
**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
- Grains (not whole grains)
- Cereals

**COMMON SERVING SIZES**

<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>SERVING SIZE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat, fish, and poultry</td>
<td>1 oz cooked</td>
</tr>
<tr>
<td>Meats, fish, poultry</td>
<td>4 oz or 1/2 cup</td>
</tr>
<tr>
<td>Egg</td>
<td>1 egg or 1/4 cup egg substitute</td>
</tr>
<tr>
<td>Cheese</td>
<td>1 oz</td>
</tr>
<tr>
<td>Cooked pasta, rice</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>Cereal, cooked</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Cereal, ready-to-eat</td>
<td>1 cup</td>
</tr>
<tr>
<td>Bread</td>
<td>1 slice</td>
</tr>
<tr>
<td>Hamburger bun</td>
<td>1/2 bun</td>
</tr>
<tr>
<td>Cooked</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Raw</td>
<td>1 medium or 1 cup cut up</td>
</tr>
<tr>
<td>Juices</td>
<td>4 oz or 1/2 cup</td>
</tr>
</tbody>
</table>

*You can buy or make grain products such as bread and pasta that are even lower in protein than regular versions. These foods can add more calories and variety to your diet.

Dietitians who specialize in kidney disease can tell you how many servings from each food group you should have at each meal. Depending on your diet prescription and preferences, you may be able to eat more than one. Always check with your healthcare professional and dietitian before making changes to your eating plan.