

If you need to limit 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.



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.

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
Meat, fish or poultry	
Meats, poultry, fish	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

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.

FOOD GROUPS	SERVING SIZES
Fruits	
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
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, dry beans, peas	1/2 cup
Peanut butter	2 tablespoons

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*

Total Fat 4.5g 7%

Saturated Fat 1g 5%

Trans Fat 0g

Polyunsaturated 2.5g

Monounsaturated Fat 1g

Cholesterol 0mg 0%

Sodium 180mg 8%

Potassium 110mg 3%

Total Carbohydrate 19g 6%

Dietary Fiber 3g 12%

Sugars 0g

Protein 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 ounce of protein
(or one meat serving on a diet exchange system).

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.