



Getting the Right Amount of Protein

Your body needs protein to build and repair muscles and bones. As the body uses protein, a waste product is produced, otherwise known as blood urea nitrogen (BUN). The BUN level increases when your kidneys can't filter wastes from your blood. If the level gets too high, you can become sick. It is important to control the amount of protein you eat each day to prevent your BUN levels from increasing.

CHOOSE COMPLETE PROTEINS

The body uses complete proteins more fully than others. When you make protein choices, keep the tips below in mind:

- Chicken, turkey, fish and lean red meats are complete proteins. Eat most of your protein from these sources.
- Dairy products, such as milk, cheese, yogurt, and eggs are also complete proteins. These foods can be high in fat, cholesterol and phosphorus so be sure to ask your dietitian or doctor how much of your protein intake should come from these foods.
- Beans, corn and grains are incomplete proteins. Eat less of your protein from these sources.

EAT YOUR DAILY PROTEIN

The amount of protein that you can eat each day may change with time. Your health care provider determines your protein intake according to the stage of your kidney disease. Your body weight is also a factor. If your protein intake is decreased, you may need to eat more calories from other types of food. Carbohydrates, such as bread and pasta, make good choices.

I can eat _____ grams of protein each day.

I should eat a total of _____ calories each day to maintain my body weight and muscle mass.

MEASURING PROTEIN CONTENT

You know how many grams of protein to eat, but most food portions are measured in ounces. Use the chart below to help determine the protein content of some common foods.

Type of Food	Ounces	Grams
Chicken Breast	3 to 4 ounces	21 - 28 grams
Chicken Thigh	2 to 2 1/2 ounces	14 - 18 grams
Fish	3 ounces	21 grams
Pork Chop	2 to 2 1/2 ounces	14 - 18 grams
Roast Beef	3 ounces	21 grams
Steak	3 to 4 ounces	21 - 28 grams
Hamburger	3 to 4 ounces	21 - 28 grams
Eggs	1 egg	7 grams
Cheese	1 ounce	7 grams

Eating too much protein may cause the following:

- Nausea, vomiting
- Fatigue
- Mental confusion
- Increased potassium levels
- Increased time on hemodialysis

Eating too little protein may cause the following:

- Muscle loss, weakness
- Fatigue
- Weight loss
- Slower wound healing

SPECIAL INSTRUCTIONS
