

Protein

Tips for People with Chronic Kidney Disease (CKD)

What Is Protein?

Protein is in many foods that you eat. Protein can be found in foods from animals and plants. Most diets include both types of protein. Protein provides the building blocks that help maintain and repair muscles, organs and other parts of the body.

Animal - protein Foods High Protein

- ❖ Meat, such as pork, beef, chicken, turkey, duck, lamb
- ❖ Eggs
- ❖ Dairy products, such as milk, yogurt, cheese, ice-cream, milk puddings such custard, semolina and rice pudding.
- ❖ Fish



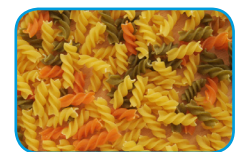
Plant-protein Foods High protein

- ❖ Beans, peas, lentils
- ❖ Soya foods such as tofu
- ❖ Quorn
- ❖ Nuts and nut spreads such as peanut butter
- ❖ Sunflower seeds



Plant-protein Foods Low protein

- ❖ Bread, rolls, tortillas, naan bread, chappatis
- ❖ Cereals
- ❖ Pasta, noodles, rice, couscous, potatoes
- ❖ Biscuits, cakes, crisps, popcorn



Why is Protein important for people with Kidney Disease?

When your body uses protein, it produces waste. This waste is removed by the kidneys. Too much protein and too little can make your kidneys work harder, so people with kidney disease may need to try and eat the correct amount of protein.

Animal protein and plant protein should be eaten together to get all of the building blocks that our body needs.

How can I eat the correct amount of Protein?

- ❖ Try and take no more than ½ pint milk per day plus one other dairy product such as: 125 - 150g yogurt or two scoops ice cream or a 150ml bowl milk pudding
- ❖ Try and limit beef, lamb, pork, chicken, fish, lentils or beans to twice per day. A portion at lunch and one a dinner
- ❖ If you have a ready made meal stick to the recommended portion sizes i.e. a serving for one
- ❖ Try and eat three meals per day. Breakfast, lunch and dinner
- ❖ The renal dietitian will keep you right with your ideal portion sizes
- ❖ At each meal try and eat a high protein and low protein food

Breakfast

Cereal - **low protein**
and
Milk - **high protein**

Lunch

Turkey sandwich
Turkey - **high protein**
Bread - **low protein**
Pancake and jam - **low protein**

Dinner

Spaghetti bolognaise
Spaghetti - **low protein**
Meat - **high protein**
Yogurt - **high protein**

Supper

Roll and butter/spread/jam
and jam Roll - **low protein**

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