Protein builds, repairs, and maintains your body tissues. It also helps your body fight infections and heal wounds. You may need to eat a larger amount of protein when you are on dialysis. Protein is lost each time you have dialysis. To replace the protein lost and reduce muscle wasting your dietitian will ask you to increase your protein servings per day.

Increase your protein portions to _______ servings per day.

The following are examples of one serving of protein:

- 1 oz red meat or pork
- 1 oz poultry
- 1 oz fish and other seafood
- ¼ cup canned salmon or tuna, rinsed
- 1/3 cup or 1 oz tofu
- 1 egg or 2 egg whites
- ¼ cup cottage cheese
- 1 ounce cheese
- 2 Tablespoons of peanut butter
- 1/3 cup legumes such as chick peas, lentils, beans and split peas (Limit these foods if you are on a phosphorus or potassium restriction)

Limit processed meats like: ham, bologna, bacon, hot dogs, sausages, & beef jerky as they are high in fat, salt and preservatives.

3 ounces, or 3 protein servings is the same size as a deck of cards.

This example shows _______ servings of protein each day:

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>___ eggs</th>
<th>___ serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunch</td>
<td>___ ounces of chicken</td>
<td>___ servings</td>
</tr>
<tr>
<td>Supper</td>
<td>___ ounces of beef</td>
<td>___ servings</td>
</tr>
<tr>
<td>Snack</td>
<td>Toast with ___ peanut butter</td>
<td>___ serving</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>___ servings</td>
</tr>
</tbody>
</table>

Dietitian’s Name: ______________________ Phone number: __________________

July 2010

To be used in conjunction with advice from a Registered Dietitian.