Protein builds, repairs, and maintains your body tissues. It also helps your body fight infections and heal wounds. You may need to eat a smaller amount of protein to keep wastes from building up in your blood and to help preserve kidney function.

Limit 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 or 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>___ egg</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>___ cup salmon</td>
<td>___ servings</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.