

Protein and Your Kidney Diet

(South Asian Foods)

Your body needs protein every day to build, repair, and maintain your body tissue. It also helps your body fight infections and help wounds heal. You may need more protein if you are on dialysis or if you lose a lot of protein in your urine. Ask your dietitian how much protein is right for you.

Protein servings

Your best sources of protein are animal foods such as pork, mutton, poultry, fish, or eggs. These foods are high in protein and low in potassium and phosphorus.

Other foods high in protein are milk products, beans and lentils, nuts and nut butters, seeds (pumpkin, sunflower), tofu and nutrition supplements. These foods can be high in potassium and/or phosphorus. If you need to watch the potassium and/or phosphorus in your diet, you will need to limit these foods.

Your dietitian can help you with the number of protein servings you should have every day to stay healthy.

Below is a list of serving sizes of protein foods. You may find it helps to measure your food at first to make sure you are getting the right amount of protein.

Note: Each serving has **7 grams (g)** of actual protein in its weight.

Meat, fish, poultry, eggs

Aim for 5 to 6 servings (5 to 6 oz /150 to180 grams) per day, or as recommended by your dietitian.

Protein food sources	1 serving (7 grams protein)	2 servings (14 grams protein)	3 servings (21 grams protein)
Pork, turkey, goat, lamb, mutton, wild meat, fish, ground meat or poultry, cooked	1 oz (30 g) (size of a 9V battery)	2 oz (60 g)	3 oz (90 g) (size of deck of cards)
Eggs	1 whole egg or 2 egg whites	2 whole eggs or 4 egg whites	3 whole eggs or 6 egg whites
Liquid egg products such as Eggbeaters [®] , Naturegg Simply Egg White [®] , or Break Free [®]	¼ cup (60 mL)	½ cup (125 mL)	¾ cup (175 mL)
Chicken	1 wing	2 wings or 1 drumstick	3 wings or 1 thigh plus leg or 1 half a breast

Protein food sources	1 serving (7 grams protein)	2 servings (14 grams protein)	3 servings (21 grams protein)
Seafood: Clams Crab Lobster Oysters Scallops Shrimp	1 large clam (25 g) ¼ cup (30 g) 1 oz (30 g) 2 medium (50 g) 2 medium (25 g) 6 medium or 5 large	2 large clams (50 g) ½ cup (60 g) 2 oz (60 g) 4 medium (100 g) 4 medium (50 g) 12 medium or 10 large	3 large clams (75 g) ¾ cup (90 g) 3 oz (90 g) 6 medium (150 g) 6 medium (75 g) 18 medium or 15 large
Canned tuna or salmon, rinsed and bones removed	¼ cup (60 mL)	½ cup (125 mL)	¾ cup (175 mL)

Milk and Alternatives

Limit cheese and milk to the amounts below, or as your dietitian suggests:

- cheese **or** paneer **or** cottage cheese: no more than 1 serving per day
- milk: no more than two servings per day (½ to 1 cup/125 to 250 mL) per day

Protein food sources	1 serving (7 grams protein)
Milk or fortified soy beverage, any kind	½ cup (125 mL)
Cottage cheese, low sodium	¼ cup (60 mL) (½ cup (125 mL) is 2 protein servings)
Hard cheese, cheddar, Swiss, or mozzarella	1 oz (30 g) or 1" cube or 2" x 1.5 x ½" thick
Paneer	1 oz (30 g) or about ¼ cup (60 mL)
Grated hard cheese, cheddar, Swiss, or mozzarella	2 Tbsp (30 mL)
Yogurt, ice cream	½ cup (125 mL)

Other protein sources

Limit to 1 choice of cooked beans or lentils once a week or as your dietitian suggests.

Protein food sources	1 serving (7 grams protein)
Beans or lentils, cooked	½ cup (125 mL)
Peanut butter or other nut butter	2 Tbsp (30 mL)
Tofu, firm	¼ cup (50 g)

Meeting your protein needs

It is important for you to get enough protein each day to stay healthy. Use the ideas below to help you meet your protein servings for the day.

- Don't skip meals. Have at least 3 meals per day. Include a portion of protein at each meal.
- For a snack, try egg, chicken, or tuna salad on crackers.
- Add a hardboiled egg or grilled flank steak strips to a salad.
- Include lean steak or chicken strips in a stir fry.
- Add chicken breast or salmon chunks to a vegetable kabob.
- Add cooked ground goat, lamb, mutton, or chicken to a soup, stew, spaghetti sauce, or casserole.
- Add flavour to your protein by grilling outdoors or trying herbs, spices, or marinades.

Ask your dietitian for more ideas to get enough protein every day.

Protein supplements

Ask your dietitian about:

- protein bars
- nutrition supplement drinks
- protein powders
- other high protein foods

Certain products may not be right for those on a kidney diet.

Sample meal plan

The meal plan below gives you 6 servings of protein.

Breakfast	
2 slices of white or 60% whole wheat toast 1 tsp (5 mL) non-hydrogenated margarine 1 whole egg scrambled (or 2 egg whites scrambled) ½ cup (125 mL) blueberries	
Lunch	
Sandwich made with:	
2 roti (each 6 inches or 15 cm in diameter)	Other good protein choices for sandwiches are: egg or chicken salad, lean roast mutton, turkey breast
½ cup (125 mL) canned tuna, rinsed	
½ cup (125 mL) sabji	
1 cup tossed green salad (lettuce, cucumber, radish, peppers)	
1 Tbsp (15 mL) oil and vinegar dressing, homemade	
1 medium apple	
Supper	
Chicken curry with 3 oz (85 g) chicken ⅔ cup (150 mL) rice ½ cup (125 mL) peas 20 grapes	