

All About Protein

For people on dialysis

Renal Dietitians

a dietetic practice group of the
Academy of Nutrition
and Dietetics



Why is Protein Important?

Protein keeps your muscles strong and helps you prevent and fight infections. For best health, and to help replace what is lost during dialysis treatments, eat a high-protein diet every day.



What are Good Sources of Protein?

- ✓ Fresh and lean beef, chicken, eggs (or egg whites), fish, pork, seafood, and turkey
- ✓ Beans, Lentils, and Tofu*
- ✓ Nut butters*



Check ingredient lists and food labels. Avoid added **phosphates** and salt. When possible, choose “all natural” varieties of protein foods.

How Do I Increase Protein?

- ✓ Include a palm-sized portion of protein with meals.
- ✓ Snack on hard-boiled eggs, tuna salad on low-salt crackers, or half of a peanut butter sandwich.
- ✓ Enjoy eating protein first, when you are the most hungry.
- ✓ Chop or grind meats, or moisten with low sodium gravy, sauce, or broth to make chewing and swallowing easier.
- ✓ Ask your RDN if a protein supplement is right for you.



How Do I Know if I'm Getting Enough Protein?

Your registered dietitian nutritionist (RDN) can help you make a high-protein meal plan with daily goals for protein.



**These foods are higher in potassium. Ask your RDN for portions best for you.*