Eating enough protein is an important part of staying healthy for people on dialysis. Following the answers to these questions can help you to feel better and recover faster from sickness or infection.

Why do you need to eat protein?
Protein helps the body to fight infection and keeps you strong and healthy. With dialysis, some protein is lost with every treatment. Eating extra protein helps to replace the loss due to dialysis.

How do you know if you are eating enough protein?
Every month we measure a blood value called albumin, a protein in the blood. If your albumin is greater than 4.0 then you are probably eating enough protein.

What can you eat to increase the amount of protein stored in your body?
Strive to eat more protein by including high protein foods at 2-3 meals each day. High protein foods include fresh meats, fish, seafood, and eggs. A nutrition supplement with extra protein is also an option to boost your protein storage.

Do you need to take your binders when you eat foods high in protein?
Yes, many foods high in protein are also sources of phosphorus.