

HIGH PROTEIN PERFORMERS

Eating enough protein is important for healing and recovery after dialysis. Here are a few options to create balance in your diet. Always check with your dietitian to learn what meals and portions are suitable for you.

Powerful sources of protein:

8-10 ounces rec.

Eggs:

1 Egg = 1 oz

Chicken:

1/2 Chicken Breast = 3 oz

Fish:

Medium Fish Fillet = 3 oz

Turkey:

Turkey Leg = 8 oz or more

Tuna:

1 tuna can = 4 oz

Lean cuts of Beef



High Protein supplements:

Nugo Bars:

11-20 g of protein per bar

Liquacel:

Up to 16 g of protein

Whey protein powder:

up to 25 g of protein per serving

NutriRite® IDPN or IPN Protein Infusion Therapy

1 treatment averaging 75 g of protein

Guidelines to choosing a supplement:

Protein grams:

15 g or more

Potassium content:

200 mg or less

Phosphorus content:

150 mg/15% or less of the Daily Value

High protein plants:

7-11 g of Protein per mentioned serving

Veggie Burger Patties:

1/2 -1 whole patty

Tofu:

1/4 - 1/2 cups

Lentil Beans:

1/2 cup

Pinto Beans:

1/2 cup = 7-11 g

Edamame:

1/2 cup = 7-11 g

Seitan (wheat gluten):

1 oz

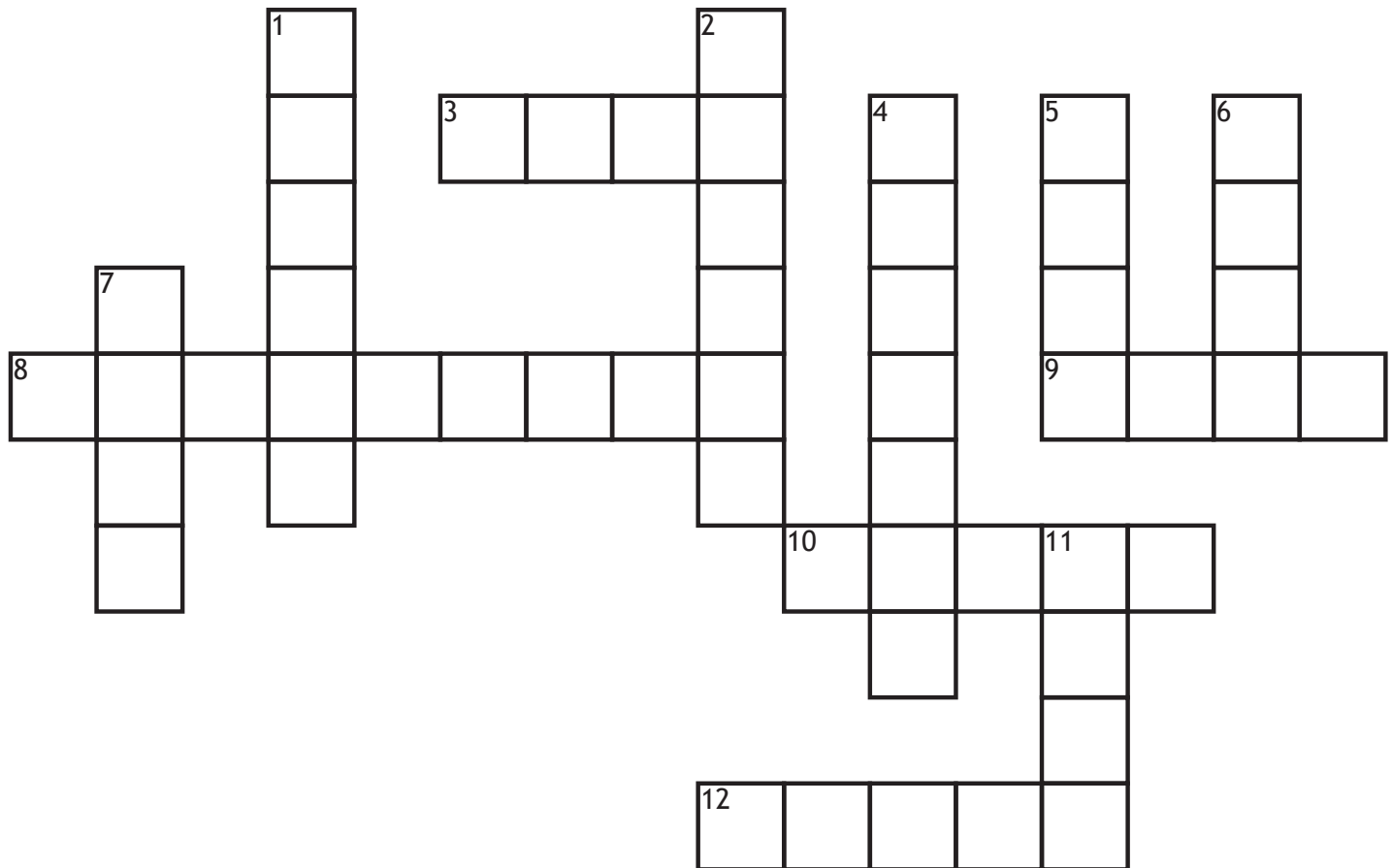


Vitamins vs Wounds

Vitamin C: Helps with wound healing and skin integrity

Thiamine & Vitamin B6: Essential in the formation of collagen

Protein Sources Crossword



ACROSS

- 3 Vegans delight in this
- 8 The Rite Renal Nutrition Therapy
- 9 This lives in oceans, lakes, and rivers
- 10 Jack claimed he had magic ones
- 12 Plants grow from

DOWN

- 1 Made from milk and active cultures
- 2 A table favorite at Thanksgiving dinner
- 4 Goes cluck, cluck
- 5 Top choice selections are found in steak houses
- 6 Produced by birds, notably hens
- 7 A popular fish that comes in a can
- 11 Has a hard shell, grown on trees

BEANS
TOFU

NUTS
FISH

NUTRIRITE
TUNA

TURKEY
YOGURT

SEEDS
EGGS

BEEF
CHICKEN