

PROTEIN

Protein needs are higher for a dialysis patient. The highest quality protein sources are animal based proteins such as beef, chicken, eggs, fish, lamb, pork, turkey, and veal.



WAYS TO INCREASE PROTEIN:

- Eat high protein food at every meal
- Eat the high protein food first, before other food items
- Try meat, tuna, or egg salad on unsalted crackers as a snack
- Make high protein shakes to replace your other beverages-ask your dietitian for recipes
- Have protein bars (10 grams or more) as a snack
- Speak with your dietitian about available protein supplements

SPEAK WITH YOUR DIETITIAN ABOUT YOUR INDIVIDUAL NEEDS.