

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.



Eggs



Beef



Fish



Chicken

Ways to increase protein:

- **Eat high protein 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