

## DIET & DIALYSIS: PROTEIN

Protein is a part of many foods.

Some protein is lost each time you dialyze. More protein is lost with peritoneal dialysis than hemodialysis.

You must eat enough protein to replace what is lost during dialysis and have enough to build and repair body tissues.

Your meal pattern is planned for the right amount of protein —enough but not too much.

Try to eat some protein at each meal. You can meet your protein goal by eating at least two-to-three (2-3) portions of high protein food (fish, poultry, meat) the size and thickness of the palm of your hand.

Animal proteins are fish, meat, poultry, seafood, eggs, and dairy products. Egg whites are a great source of protein.

Vegetable proteins are tofu, soy products, beans, nuts, and legumes. If you eat these foods or follow a vegetarian diet, your dietitian can help you choose the right types and amounts of protein.

