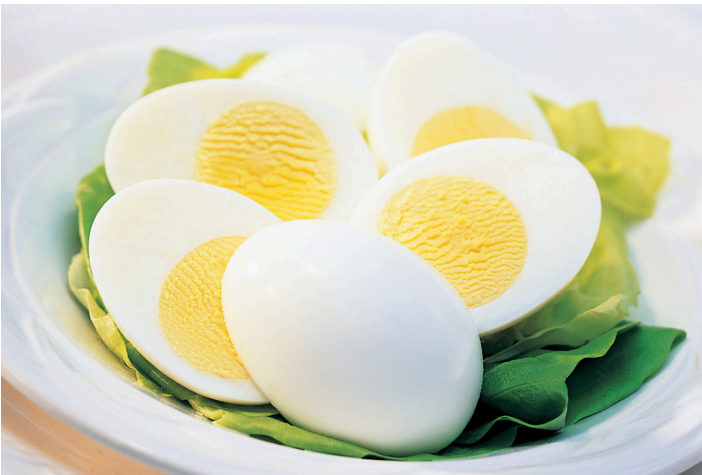


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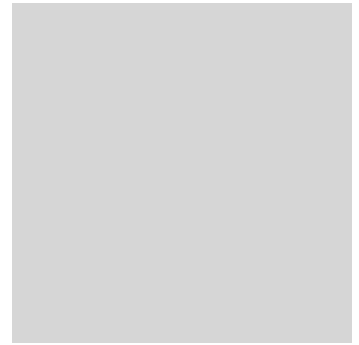
Protein



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Importance of Protein

Your albumin level reflects the amount of protein in your body, which is a good indicator of your nutritional status. Protein helps you keep muscle and maintain healthy cells, organs, and bones as well as supporting your immune system to fight infections. The better nourished you are, the healthier you will be, which is why it is important for individuals on dialysis to maintain a good nutritional status in order to reduce risks for complications. Maintaining your albumin at or above 3.8mg/dL is ideal.



Tips on increasing your protein

Protein foods include:

- Beef
- Chicken and turkey
- Pork
- Lamb & game meat
- Fish and seafood
- Soy Products (tofu)
- Eggs
- Milk, cheese, & yogurt
- Beans and nuts



















To increase your protein intake:

- Eat your biggest meal at a time in the day when your appetite is best.
- Eat six small meals a day instead of three larger ones.
- Include a protein item, even if it is a small portion in each meal/snack.
- Add additional egg whites to your scrambled eggs to boost the protein content of your omelet without adding extra cholesterol or fat
- Eat the protein component of your meal first; that way, if you lose some of your appetite, you will have eaten the protein.
- Drink your fluids after your meal, so they don't fill you up.
- Add tuna or grated hard-boiled egg to sauces. Serve over pasta, rice or toast.
- Add a snack during the day. Small amounts of yogurt, cottage cheese, toast and peanut butter, and protein bars are good sources of protein and usually fit in most people's dialysis diets.
- Consider a protein supplement to ensure your protein needs are met. Ask a dietitian or physician for recommendations on the type and quantity to take. Protein powders can be added to soups, hot cereals and drinks without drastically altering the taste. Renal protein shakes are also available as a high-calorie, high-protein snack.

****THESE FOODS MAY BE HIGH IN POTASSIUM OR PHOSPHOROUS**
PLEASE ASK YOUR DIETITIAN TO HELP YOU INCLUDE THEM IN YOUR DIET**

Protein Bars



Product	Where can you get them?	kcal	Protein (g)	CHO (g)	K (mg)	Na (mg)
Pure Protein Bar	Amazon, 7Eleven, CVS, GNC, Target, Walgreens, Walmart http://www.pureprotein.com/	190-290	19-31	19-30	160-240	170-180
Supreme high protein bar 	7Eleven, Amazon, CVS, GNC, Stop&Shop, Rite Aid, Walgreens, Walmart http://www.supremeprotein.com/ http://www.bodybuilding.com/	360	30	34	65	300
MET-Rx® Protein Plus® 	Amazon, CVS, GNC, Target, Vitamin Shoppe http://www.drugstore.com/	310	30	33	140	560
EAS Myoplex 30 	GNC, convenience stores, food stores, http://eas.com/	350	30	36	150	480
Clif Builder's Protein Bar	Amazon, Costco, Target, ShopRite, Stop&Shop, Whole Foods, Walgreens	270	20	29	200	200
Quest Protein Bars   	Amazon, GNC, Vitamin Shoppe http://www.questnutrition.com/	160-180	20-21	22-25	90-180	250-310
PowerBar ProteinPlus® Bar	Amazon, GNC, Target, Walmart, Vitamin Shoppe, http://shop.powerbar.com/	210-270	20	25-30	80-200	120-200
PureFit  	Amazon, Walgreens, http://purefit.com/	220-230	18	24	180-195	150-160
EAS AdvantEdge 	Amazon, Target, Walgreen, Walmart http://eas.com/	230	17	26	160	230
South Beach Protein Fit Bar  	Amazon http://www.southbeachdiet.com/ http://www.drugstore.com/	200	16	22	40	230
Supreme Accelerate Morning Protein Bar	7Eleven, Amazon, CVS, GNC, Stop&Shop, Rite Aid, Walgreens, Walmart http://www.supremeprotein.com/	180-190	15	21	80	240
ZonePerfect Bars	ACME Market, Amazon, Stop&Shop, Target, Walgreens, Walmart	180-210	12-15	22-25	50-150	170-270
thinkThin High Protein Bars   	Amazon, Target http://shop.thinkproducts.com/	180	13	23	N/A	150
Kellogg's Special K Protein Bar	Amazon, CVS, Food Stores, Rite Aid, Walgreens, Walmart	170-180	10	23	N/A	160-250
Clif Builder's Snack Size 	Amazon, Costco, Target, ShopRite, Stop&Shop, Whole Foods, Walgreens	140	10	15	95	100
LaraBar ALT   	Amazon, Target, Walmart http://shop.larabar.com/	210-270	10	23-30	230-340	10-20

kcal = Calories, CHO = Carbohydrates, K = potassium, Na = Sodium

 High sodium  Gluten Free  Vegan  Non-dairy  High fiber >5g  Low Carb

Protein powders

Product	Where can you get them?	kcal	Protein (g)	CHO (g)	K (mg)	Na (mg)
Ensure High Protein Powder	Amazon, Target, Walmart http://ensure.com/	130	20	15	160	150
EAS Whey Protein	Amazon, CVS, Sams Club, Walgreens, Walmart, http://eas.com/	150	26	7	270	170
Designer Whey Protein	Amazon, GNC, Target, Vitamin Shoppe	100	18	6	100	80
Quest Protein Powder	Amazon, GNC, Vitamin Shoppe http://www.questnutrition.com/powders	100-110	22-23	2-4	80-110	150-190
Supreme protein powder Whey & Casein	Amazon, GNC, Vitamin Shoppe www.bodybuilding.com	190	15	6	80-160	95
Dymatize Elite Gourmet	Amazon, GNC, www.bodybuilding.com http://www.dymatize.com/	130-140	21	9	200-360	125-170
Now Soy Protein Isolate	Amazon, GNC, www.bodybuilding.com	90-160	20-25	9	400	320-330
Optimum Nutrition 100% Soy Protein	http://www.optimumnutrition.com/ www.bodybuilding.com	120	25	1	380	310

Protein liquids, shakes, & others

Product	Where can you get them?	kcal	Protein (g)	CHO (g)	K (mg)	Na (mg)
Liquacel	Amazon, http://www.dayspringmed.com/ http://www.nutritiondirectliquacel.com/ http://www.med-diet.com/	70	16	1	10	30
Pro-stat Liquid Protein	Amazon http://www.dayspringmed.com/ http://www.nashuanutrition.com/	60-100	15	N/A	N/A	N/A
Proteinex Liquid Protein	Amazon, http://www.dayspringmed.com/ http://www.dietdirect.com/ http://www.nashuanutrition.com/ http://www.med-diet.com/	60-100	15-18	0-7	9	6
Boost original, high protein & plus	Amazon, CVS, Rite Aid, ShopRite, Target, Walgreens, Walmart http://www.boost.com/ http://www.nestlenutritionstore.com/	240 - 360	14-15	33-45	360-400	200
Ensure Active High Protein	Amazon, CVS, Rite Aid, ShopRite, Target, Walgreens, Walmart http://ensure.com/	210	25	23	290	240
Glucerna Shake, Advance, & Therapeutic	Amazon, CVS, Rite Aid, ShopRite, Target, Walgreens, Walmart http://glucerna.com/	200-220	10	26-27	370-400	210
Nepro with Carb Steady	Amazon, Rite Aid, Stop & Shop, Walgreens	425	19	38	250	250
Novasource Renal	Amazon, Walgreens, Walmart http://www.nestlenutritionstore.com/	475	21.6	43.5	225	225
Suplena with Carb Steady	Amazon, http://abbottstore.com/ http://www.metromedicalonline.com/ http://www.blowoutmedical.com/	425	10.6	46.4	270	190
Boost pudding	http://www.nestlenutritionstore.com/	240	7	33	250	140
Ensure pudding	Amazon, Walgreens, Walmart http://abbottnutrition.com/	170	10	30	250	120
HealthSmart pudding	Amazon, http://www.nashuanutrition.com/	90-95	15	7	90-230	120-210

****REMEMBER LIQUIDS AND SHAKES ACCOUNT FOR YOUR FLUID INTAKE****