

Department of Nutrition & Dietetics

Renal Disease: Eating well on dialysis

This information should only be used by patients with kidney disease who are on dialysis, and should only be followed with supervision from a dietitian.

Some protein is lost from your body during dialysis. Therefore, it is important to eat plenty of protein to replace what is lost. Rich Sources of protein are: meat, fish, chicken, turkey, eggs, cheese and milk. It is also found in beans lentils and soya products.

In order to meet your protein requirement you should aim for:

..... **protein portions / day**

1 protein portion =

- 30g (1oz) meat or chicken (cooked weight)
- Small chicken breast (4-5 protein portions), 2 slices roast meat (3 protein portions)
- 30g (1oz) fish (cooked weight)
- 1 fishcake or 2 fish fingers
- 30g (1oz) cheese - a matchbox size piece
- 60g (2oz) cottage cheese – 2 tablespoons
- 1 egg
- 200ml ($\frac{1}{3}$ pint) milk
- 1 tub yoghurt
- 90g (3oz) peas, beans or lentils (cooked weight)
- 30g (1oz) dried or raw beans or lentils - 1 heaped tablespoon
- 60g (2oz) Quorn (equivalent to 1 Quorn steak)
- 60g (2oz) soya beans cooked (2 tablespoons)
- 90g (3oz) tofu (cooked weight) - About $\frac{1}{3}$ of a standard pack of firm tofu
- 30g (1oz) fried tofu

Aim to eat sufficient protein by spreading these out throughout the day. Your Dietitian will advise you on appropriate portion sizes.



Patient Information

The following protein foods are rich in phosphate and therefore may need to be limited:-

Milk - pint **or** (mls) per day

Eggs - up to a week

Cheese - up to per week (30g = 1oz)

Offal and shellfish - only have occasionally.

Suggested days menu

Breakfast:

Wholegrain cereal and milk (from allowance)

Bread

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Midday meal:

..... meat orchicken or..... fish

Salad or vegetables

Potato, pasta, rice, bread or chapatti

Fruit or dessert

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Evening meal:

..... meat orchicken or..... fish

Salad or vegetables

Potato, pasta, rice, bread or chapatti.

Fruit or dessert

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Warning - Starfruit contains a chemical which can be extremely dangerous to people with kidney problems. They should be avoided.

Produced by Coventry Renal Dietitians, University Hospitals Coventry & Warwickshire NHS Trust

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Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6151 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History

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