

Department of Nutrition and Dietetics

Renal Disease: Protein portions with CKD

This information should only be used by patients with kidney disease and should only be followed with supervision from a dietitian

Healthy kidneys normally get rid of **urea** from your blood. Urea is a waste product which is made when your body uses protein. When your kidneys do not work properly the level of urea in your blood rises. High blood levels of urea can make you feel unwell.

Controlling the amount of protein in your diet can help to reduce the amount of urea your body makes. Your body needs a certain amount of protein to build and repair tissues. Aim to eat the amount of protein recommended by the dietitian. The amount of protein you need has been calculated based on your body weight.

Rich sources of protein are: meat, fish, chicken, turkey, eggs, cheese and milk. Protein is also found in beans, lentils and soya products.

In order to meet your protein requirements you need to aim to eat protein portions per day.

The following foods are equivalent to one protein portion and can be swapped for one another:

- 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



Patient Information

Here are some tips to help you moderate your protein intake:

- Only have protein foods at your main meals, avoid between meals and at bedtime.
- Spread protein portions out throughout the day.
- Cut down on cooked breakfasts, if having try one protein item only.
- Use milk in moderation.

Suitable low protein snacks include:

- Plain biscuits
- Bread or toast
- Fruit
- Plain cake
- Teacake, crumpet or scone
- Cereal with milk from allowance
- Bagels or muffins

Warning - Star fruit contains a chemical which can be extremely dangerous to people with kidney problems. These should be avoided.

Suggestions:

Further Information

This leaflet was produced by Coventry Renal Dietitians, University Hospitals Coventry & Warwickshire NHS Trust. If you have any more questions, please contact them on 024 7696 6151.

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Department	Dietetic Department
Contact Tel No	Ext 26151
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