

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 a waste product called **urea** from your blood, which is created when your body breaks down protein from your diet. When your kidneys are not working properly the urea level in your blood can rise and 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 so it is important that you get the right amount of protein to support this whilst also managing your urea levels. Aim to eat the amount of protein recommended by the dietitian, which is calculated based on your body weight.

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

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



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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 (dairy or soya)
- 1 tub yoghurt or soya yogurt
- 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
- 30g (1oz) unsalted nuts/seeds
- 30g (1oz) peanut butter

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, instead try to have low protein snacks to help you get enough calories to maintain your weight
- Spread protein portions out throughout the day.
- Cut down on cooked breakfasts, if having try one protein item only.
- Use milk/nuts/seeds/peanut butter in moderation.

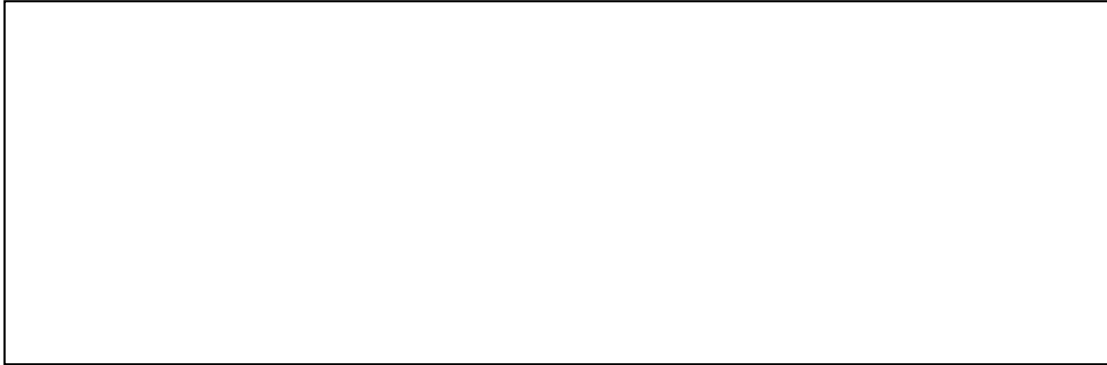
Suitable low protein snacks include:

- Plain biscuits
- Bread or toast
- Fruit

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- Plain cake
- Teacake, crumpet or scone
- Cereal with milk from allowance
- Bagels or muffins

Suggestions:



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

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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