

## READ FOOD LABELS

to find the best choice for your diet

Nutrition Facts	
Serving Size 6 crackers (28g)	
Servings Per Container About 10	
Amount Per Serving	
Calories 120 Calories from Fat 40	
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated 2.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Potassium 110mg	3%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 4%	
Phosphorous 10%	

**Serving Size** tells you what a single portion is.

**Servings Per Container** lists how many portions per container.

**% Daily Value** is based on a 2,000 calorie daily diet. This number helps you know if a food is high or low in a nutrient, even if you eat more than 2,000 calories.

**Protein** is listed per serving.

**Ingredients** are listed in order of weight, with the item of the most weight listed first.

Each 7 grams of protein= 1 oz of meat, poultry or fish.



## USE HEALTHY TIPS to shop, plan, and prepare meals with less protein

### For soups

- Use lower-protein foods such as rice and pasta to add bulk to a soup.
- Use low-protein milk substitutes when making cream soups.

### For sandwiches

- Fill sandwiches with lettuce, alfalfa sprouts, cucumber, chopped celery, apple, parsley or water chestnuts. Use breads that are low in protein.
- Use breads that are low in protein and that are more thickly sliced. Or try more flavorful breads (such as sourdough or rye bread).

### At restaurants

- Share a main course with a dining companion or bring half home.
- Substitute a high-protein appetizer as your main course.
- Remember, dishes prepared with milk, nuts, or eggs contain additional protein.
- Vegetarian dishes containing dried beans or lentils are high in protein.
- Choose restaurants best suited to your diet or where food is made to order. Explain that you are following a special diet which needs to be low in protein and salt. Ask about the menu and how their food is prepared. Many restaurants have websites with menus posted.

### At home

#### For main dishes

- Use vegetables and low protein foods as your main dish; use lean meats or other high-value protein as your side dish.
- Try kebabs. Use smaller pieces of meat with more vegetables or fruits.
- Prepare dishes with small pieces of meat, such as chicken, mixed in with rice or pasta. Chicken or shrimp with rice or ground meat with pasta works well.
- For casseroles, use smaller amounts of meat than the recipe calls for, and increase the starch (rice or pasta). Use only low-sodium soups in casserole recipes.
- Allow extra portions or larger servings of bread, rolls, pasta and rice to help meet your calorie needs without increasing your protein intake by much.
- For a stronger cheese taste with a smaller amount of cheese, buy sharp cheddar, Parmesan or Romano cheese and sprinkle lightly.
- You can buy or make grain products such as bread and pasta that are even lower in protein than regular versions. These foods allow you to add more calories and variety to your diet.

If you need to limit

# protein



### What is protein?

Protein is a nutrient that helps build muscle, repair tissue, and fight infection

### Why limit protein?

For people with early kidney disease, eating less protein may help to:

- prevent wastes from building up in the blood
- keeps kidneys working longer

### How much protein is okay to eat?

Your healthcare professional recommends eating less than:

\_\_\_\_\_g per day

This resource was made possible by the generous support of Flavis, a line of low protein specialty foods made for people with chronic kidney disease, including pastas, breads, and cookies. Learn more at [Flavis.com](http://Flavis.com)



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## HIGH-PROTEIN FOODS

Red meats



Poultry (chicken and turkey)



Fish and other seafood



Eggs



Milk and cheese



Beans, legumes, nuts and soy



## LOW-PROTEIN FOODS

Fruits



Vegetables



Grains (not whole grains)



Cereals



\*You can buy or make grain products such as bread and pasta that are even lower in protein than regular versions. These foods can add more calories and variety to your diet.

## COMMON SERVING SIZES

FOOD GROUP	SERVING SIZE
<b>Meat, fish, and poultry</b>	
Meats, fish, poultry	1 oz cooked
<b>Dairy</b>	
Milk or milk substitute	4 oz or 1/2 cup
Egg	1 egg or 1/4 cup egg substitute
Cheese	1 oz
<b>Grains</b>	
Cooked pasta, rice	1/3 cup
Cereal, cooked	1/2 cup
Cereal, ready-to-eat	1 cup
Bread	1 slice
Hamburger bun	1/2 bun
<b>Vegetables</b>	
Cooked	1/2 cup
Raw	1 medium or 1 cup cut up
Juices	4 oz or 1/2 cup

Dietitians who specialize in kidney disease can tell you how many servings from each food group you should have at each meal. Depending on your diet prescription and preferences, you may be able to eat more than one.

Always check with your healthcare professional and dietitian before making changes to your eating plan.

FOOD GROUP	SERVING SIZE
<b>Fruits</b>	
Fresh	1 small or 1/2 large
Canned or frozen fruit	1/2 cup
Juices	4 oz or 1/2 cup
Berries	1/2 cup
Grapes, cherries	12
Dried fruit	1/4 cup
<b>Fats and oils</b>	
Oils, margarine	1 teaspoon
Mayonnaise	1 tablespoon
Salad dressing	2 tablespoons
<b>Sweets</b>	
Cookies	1 cookie
Ice cream, sorbet, gelatin	1/2 cup
Cake, 2 x 2 inches	1 piece
Fruit pie	1/6 of 8-inch pie
Sugar, jelly, jam	1 tablespoon
<b>Nuts, seeds, and legumes</b>	
Nuts	1/4 cup or 1 oz
Seeds	2 tablespoons
Cooked legumes, beans, peas	1/2 cup
Peanut butter	2 tablespoons