

# Protein and Sodium Guidelines for People with Kidney Disease (Pre-Dialysis)

At this time your kidney problems are at the point where you will need to make some changes in your diet. It is recommended that you decrease the amount of protein and sodium you eat. These diet changes can help reduce the build-up of waste products in your blood and decrease fluid retention.

# 1. Decrease your protein intake:

You should eat \_\_\_\_\_ ounces of protein foods each day.

#### Protein foods include:

- Beef
- Chicken
- Pork
- Turkey
- Soy Products
- Eggs
- Milk, yogurt and cheese
- Beans and nuts
- Fish and seafood



#### Try these helpful hints to decrease your protein intake:

- Try toast or cereal for breakfast instead of eggs, ham or sausage.
- Substitute nondairy creamer in place of milk. Please check with your dietitian if you have a history of high cholesterol or heart disease.
- When eating out, ask for a take-home container and save half your meal for another time.
- If you need extra calories add margarine, salad dressing (many salad dressings are high in sodium), canola oil or olive oil to foods.

#### **Protein content of common foods:**

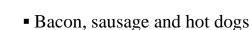
Quantity	Amount of Protein
1 small patty	3 ounces
1 small	3 ounces
1 breast	4 ounces
1 drumstick	2 ounces
1 wing	1 ounce
1 thigh	2 ounces
1 whole	1 ounce
2 whites	1 ounce
½ cup	1 ounce
12 large cooked	3 ounces
<sup>1</sup> / <sub>4</sub> cup canned	1 ounce
6 large raw	3 ounces
2 slices	1 ounce
1 cup	1 ounce
½ cup cooked	1ounce
size of a deck of cards	3 ounces
	1 small patty 1 small 1 breast 1 drumstick 1 wing 1 thigh 1 whole 2 whites 1/4 cup 12 large cooked 1/4 cup canned 6 large raw 2 slices 1 cup 1/2 cup cooked

Note: One ounce of protein contains about 7 grams of protein.

# 2. Decrease your sodium (salt) intake:

You should eat \_\_\_\_\_ milligrams (mg) of sodium each day.

High sodium foods include:



- Canned soups and vegetables
- Potato chips, nuts, pretzels and salted crackers
- Pickles, relish and olives
- Most lunchmeats
- Soy sauce, BBQ sauce and ketchup



### Try these helpful hints to reduce your sodium intake:

- Choose fresh meat instead of processed meats such as luncheon meats, ham, sausage, bacon and hot dogs
- Try to choose fresh or frozen vegetables instead of canned vegetables
- If eating canned vegetables, discard the liquid and rinse with water before heating
- Buy "no added salt" canned vegetables
- Add lemon juice to your cooked green vegetables instead of salt
- Snack on low sodium foods such as fresh fruit, fresh vegetables, unsalted pretzels, unsalted baked corn chips and unsalted popcorn
- When dining out request your food to be prepared without salt
- Skip the soup if you are eating at a restaurant
- Bring your favorite spices from home to avoid using the saltshaker when dining out
- Try to choose foods that contain no more than 300 milligrams (mg) of sodium per serving
- When dining out, request to have sauces served on the side

# Use these herbs and seasonings to add flavor to your meals instead of salt:



Garlic Vinegar
Oregano Onions
Basil Horseradish
Thyme Rosemary
Lemon juice Dill

Tabasco sauce Mrs. Dash<sup>TM</sup> seasoning

Pepper Spike seasoning

## Contact your local VA dietitian for more information.

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