



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:

Type of food	Quantity	Amount of Protein
Ground beef	1 small patty	3 ounces
Pork Chop	1 small	3 ounces
Chicken	1 breast	4 ounces
Chicken	1 drumstick	2 ounces
Chicken	1 wing	1 ounce
Chicken	1 thigh	2 ounces
Egg	1 whole	1 ounce
Egg white	2 whites	1 ounce
Egg substitute	¼ cup	1 ounce
Shrimp	12 large cooked	3 ounces
Tuna	¼ cup canned	1 ounce
Scallops	6 large raw	3 ounces
Deli meat	2 slices	1 ounce
Milk	1 cup	1 ounce
Beans	½ cup cooked	1 ounce
Any meat item	size of a deck of cards	3 ounces

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:



- Bacon, sausage and hot dogs
- 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™ seasoning
Pepper	Spike seasoning

Contact your local VA dietitian for more information.