

Patient Tips for Healthy Living



Network 8, Inc. 877-936-9260

6th Edition

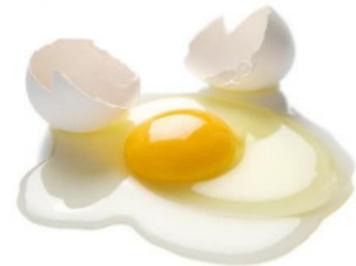
What is Albumin?

Do you ever think about why your dialysis unit draws monthly labs? One of the things they are checking is your albumin level. Albumin is a blood protein that measures if you are eating enough protein and have enough protein stored in your body. An albumin level of 4.0 is your target. Protein helps build muscle, helps to heal wounds with new tissue growth, and fights infection. When you do not eat enough calories and protein, or when you gain too much fluid, or if you have an infection, your albumin can drop. If your albumin

is low, you may be at risk for malnutrition and will have a higher chance of getting infections, being hospitalized or dying earlier.

If you do not eat the protein and calories that your body needs, the body will destroy your muscles to get the protein and this will make you weak. Your hemodialysis treatments filter wastes from your blood but it also removes protein. Peritoneal dialysis (PD) removes even more protein than hemodialysis. This is why it is very important to eat the required amount of protein to replace what is lost during the dialysis treatment.

It is important to eat foods that are high in protein but some of these foods may be high in phosphorus (which is a mineral you need to control in your diet). Your dietitian will help you plan the right amount of each protein source for good health. **Ask your dietitian** how much protein you need to eat each day to start planning a good protein diet.



Foods High in Protein

You should try to eat 8-10 ounces of protein each day, or 10-12 ounces each day if you are a PD patient. Each person is different so be sure to **check with your dietitian** to know the right amount of protein for you. Below are some foods that are high in protein.

- Eggs
- Chicken
- Turkey
- Beef
- Fresh Pork
- Seafood
- Fish- including canned tuna
- Cottage Cheese
- Lamb
- Wild Game
- Tofu
- High Protein Bars



Protein Servings

(Note: Most people will need 2-4 ounces of protein each meal. When reading labels remember that 7 grams of protein = 1 ounce of protein)

- 1 egg = 1 ounce of protein
- ¼ cup egg substitute = 1 ounce protein
- ¼ cup tuna salad = 1 ounce protein
- 1 chicken wing = 1 ounce protein
- 1 medium chicken drumstick = 2 ounces protein
- 1 medium chicken breast = 3 ½ ounces protein
- ¼ cup of chopped meat – 1 ounce protein



Meat such as fish, pork, beef, poultry, etc. that is the size of a woman's palm or about the same size as a deck of cards = 3 ounces protein

¼ cup cottage cheese = 1 ounce protein (note this can be high in sodium, so buy the brand with the lowest sodium and limit to ¼ cup)

4 ounces of tofu = 1 ounce protein

Protein bars with 7 grams protein = 1 ounce protein

Protein bars with 14 grams protein = 2 ounces protein

Dialysis Friendly Recipes

Busy Day Frittata

Cooking for David: A Culinary Dialysis Cookbook

Serves 4 Serving Size: ¼ recipe

Ingredients

4 ounces cooked poultry, beef, or pork	½ cup thinly sliced zucchini
1 Tablespoon margarine	1 teaspoon poultry seasoning
½ cup chopped red and green bell pepper	2 cups low cholesterol egg substitute
¼ cup chopped onion	4 teaspoons chunky salsa



compliments of whatscookingamerica.net

Preparation:

- 1 Set rack 6 inches from heat source. Preheat broiler.
- 2 Cut cooked meat into bite sized pieces.
- 3 Melt margarine in a large nonstick, ovenproof frying pan. Sauté peppers, onion, and zucchini 3 to 4 minutes until tender crisp. Remove from heat.
- 4 Sprinkle poultry seasoning over vegetables. Add meat and stir.
- 5 Whisk the egg substitute, and then add to frying pan. Cook over low heat for 4 to 5 minutes or until bottom is set and top is slightly loose.
- 6 Remove from stovetop and place under broiler for one minute or until cooked on top.
- 7 Slice into 4 portions. Serve each portion topped with 1 teaspoon of salsa.

Recipe Note: Serving size: 1; Calories: 171; Protein: 18 gm; Sodium: 235 mg; Potassium: 355 mg; phosphorus: 93 mg.

High Protein Cookies

www.davita.com

Ingredients

1/3 stick of margarine	½ cup oatmeal
¾ cup brown sugar, packed	½ cup whey protein powder (Discuss the brands with your dietitian)
1 egg	1 teaspoon baking soda
1 teaspoon vanilla	1 teaspoon baking powder (if you want soft cookies)
¾ cup all-purpose white flour	



compliments of kopycat.com

Preparation: Preheat oven to 325°F. In a mixing bowl, beat margarine and brown sugar. Blend in egg and vanilla. Combine remaining ingredients. Mix will be very dry. (You can add 1 tablespoon of molasses or water to make it stick together.) Spray a cookie sheet with non-stick spray. Roll batter into 1-inch balls, and place on sheet. Bake for 10 minutes.

Recipe Note: Portions: 12; Serving size: 2 cookies; Calories: 140; Protein: 4g; Carbohydrates: 22 g; Fat: 4 g; Cholesterol: 20 mg; Sodium: 175 mg; Potassium: 60 mg; Phosphorus: 80 mg; Calcium: 62 mg; Fiber: 0.6 g.

*Network 8 would like to thank the following dietitians for their contribution and review of this publication:
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