

# WHY MUST I MAINTAIN MY OPTIMUM ALBUMIN BLOOD LEVELS?



We draw bloods on a monthly basis to see how well you are doing on dialysis. One of these blood tests is called “Albumin”

**A optimal Albumin level is 35g/l or higher**

**What is Albumin?**  
It is a protein in your blood that tells us if you are well nourished/malnourished. It assists in maintaining your Hb levels and helps your body to fight infections. It carries important chemicals around in your body and acts as a transporter.

**How much protein is enough?**  
Haemodialysis patients – 1 – 1.2g/kg of your ideal body weight/day  
Peritoneal dialysis – 1.2 – 1.3g/kg of your ideal body weight/day

**Why must I maintain my Albumin levels?**  
If one does not take in enough protein through diet the liver can't produce enough protein for the body to function leading to a drop in Albumin levels. It leads to poor outcomes on dialysis. It increases your chance for infection. It can lead to a premature death. Your body may start using your muscles for energy leading to weakness and muscle loss.

**SOMETHING TO NOTE**  
Most protein containing foods contain phosphates and potassium, work closely with your doctor and dietician to control these blood levels.

FOODS CONTAINING ALBUMIN	Protein for VEGETARIANS
<p><b>High sources of protein</b></p> <ul style="list-style-type: none"> <li>• Egg whites (2 egg whites = 1 whole egg)</li> <li>• Chicken without the skin</li> <li>• Turkey without the skin</li> <li>• Beef without the fat</li> <li>• Lamb without the fat</li> <li>• Fish – including canned tuna</li> <li>• Seafood</li> <li>• Veal</li> <li>• Tofu</li> <li>• Cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Soy products</li> <li>• Tempura</li> <li>• Dairy products as advised by dietician</li> <li>• Protein powders as advised by dietician</li> </ul> <p><b>Lower sources of protein</b></p> <ul style="list-style-type: none"> <li>• Grains like cereals, breads, crackers, rice, pasta</li> <li>• Vegetables like green beans, cauliflower, row spinach, carrots</li> <li>• Fruits as advised by dietician</li> </ul>
<p><b>Tips for increasing your Albumin levels</b></p> <ul style="list-style-type: none"> <li>• Increase your activity levels, this will increase your appetite</li> <li>• Eat small snacks and meals throughout the day</li> <li>• Do not skip dialysis treatments – a good dialysis will increase your appetite</li> <li>• Consult with your treating doctor and dietician to discuss your blood results and adjust your treatment plan and diet accordingly</li> <li>• Keep a food diary for 5 days before seeing your dietician, this will help identify problem area and make suggestions to improve your protein intake</li> <li>• Take multivitamins, folic acid, vitamin B Co and Vitamin C in consultation with your treating doctor on a daily basis to replace vitamins lost during dialysis</li> </ul>	



Patient Tutorial