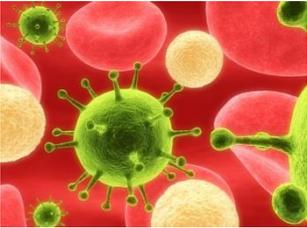




Albumin: Your Good Protein



Protein, the body building food, is needed for growth and repair of body tissues. During dialysis you lose some of your good protein, Albumin. You lose more protein on peritoneal dialysis than on haemodialysis. Albumin can also tell us how healthy your body is. A low blood albumin means you have a higher risk of getting infection. Here are some ideas to help you boost your protein intake without pushing up your phosphate level.



1

ANIMAL SOURCES

- Red meat (lamb/beef)
- Chicken
- Fish
- Cottage Cheese
- Egg white
- Fish paste
- Tuna
- (Healthier)

PLANT SOURCES

- Lentils
- Beans
- Dried peas
- Soya
- Peanuts
- Peanut butter
- (Less Healthy)



3

HIGH PROTEIN BOOSTERS

Egg-white Omelette:

Use 1 egg and add 3 – 4 egg whites to make a tasty omelette or scrambled egg. It can be eaten plain or one can add one of the following low potassium fillings:

- onion and baby marrow (pan fried in very little oil with garlic added)
- chicken and cottage cheese (grill and cube the chicken and add the cottage cheese)
- tuna



Booster Drink:

- 100ml milk or yoghurt (choose a smooth fruit flavoured yoghurt)
- 1 egg white
- 1 scoop of vanilla ice cream
- Mix the above to make a tasty shake

5



SUPPLEMENTS

- 1) Adding extra protein to meals: Albumax, New Life Proplex, Protifar, Whey Powder or Egg White Powder
- 2) As replacements for meals when you do not feel like eating: Renilon, Provide Xtra

If your albumin is low it would be a good idea to get a protein powder to add to your meals for at least 1 month or until your albumin improves.

4

MORE ABOUT PROTEIN

Protein is found in plant and animal foods. The protein from animals is more readily absorbed by the body. The plant sources tend to be high in phosphate or potassium so the animal sources are better for the body.

It is important you get protein in every day to keep your body strong.

2

You should try to include a low phosphate protein with 2 meals every day.

Although dairy products like milk and cheese are good sources of protein, they are high in phosphate. You can include a ½ cup of milk or yoghurt + either 1 egg or a small amount of cheese in your diet daily. Refer to the phosphate guideline for more detailed serving sizes

PATIENT TUTORIAL

SONJA STEVENS
DIETITIAN (RD) BSC DIETETICS (STELL)
CELL: 082 994 6551
EMAIL: dietitiansonja@gmail.com

 Sonja Stevens
DIETITIAN (RD)

ADDRESS: 156 WILD PLUM STREET, MIKPUNT
POSTAL: PO BOX 1912, DURBANVILLE 7551