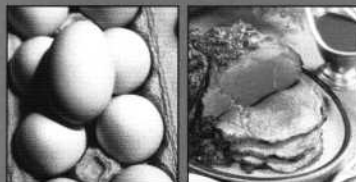


PROTEIN FINDER

per mg

Meat, Poultry and Eggs

portions are 3 ounces fresh and cooked unless otherwise stated



LOW PROTEIN

To 21.0 grams

Beef, ground, lean, 21.0
Beef, ground, regular, 20.5
Duck, domestic roasted, 20.5
Egg Substitute, 11.0
Egg white, 1 large, 3.5
Egg whole, 1 large, 6.3
Egg Yolk, 1 large, 2.8
Veal, rib, 20.4 †

HIGHER PROTEIN

From 21.1 to 25.1 grams

Beef, ground, extra lean, 21.6
Beef, rib, lean, 23.2
Beef, round, eye, lean, 24.6
Chicken, dark meat, 24.4
Lamb, leg, domestic, lean, cooked, 24.1
Lamb, rib, domestic, lean, cooked, 22.2
Pork leg, fresh, lean, 25.0 †
Pork roast, fresh, lean, roasted, 24.4 †
Pork, spareribs, fresh, braised, 24.7 †
Turkey, dark, 24.0

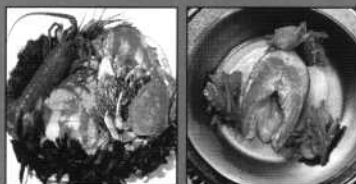
HIGHEST PROTEIN

25.1 or more grams

Beef, round, bottom, lean, 26.9 †
Beef, top sirloin, lean, 25.8
Chicken, white meat, 27.6
Lamb, loin, domestic, lean, cooked, 25.5
Lamb, shoulder, domestic, lean, cooked, 30.2
Pork chops, fresh, lean, broiled, 25.7 †
Turkey, light, 25.1
Veal, leg, 30.7 †

Seafood

portions are 3 ounces fresh and cooked unless otherwise stated



To 17.0 grams

Clams, mixed species, raw, 10.9 †
Crab, Alaska King, cooked, 16.5 †
Oyster, cooked, 7.5 †
Oyster, raw, 6 medium, 5.9
Scallop, cooked, 6 large, 16.8 †
Shrimp, 6 large, 9.6

From 17.1 to 21 grams

Cod, cooked, 19.5
Crab, blue, cooked, 17.2
Flounder, cooked, 20.5
Haddock, cooked, 20.6 †
Lobster, cooked, 17.4
Ocean Perch, cooked, 20.3
Pollock, cooked, 20.0
Sole, cooked, 20.5

21.1 or more grams

Halibut, cooked, 22.7 †
Salmon, 23.2 †
Swordfish, cooked, 21.6
Tuna salad, 1 cup, 32.9 †
Tuna, light, canned in oil, 24.8 †
Tuna, yellowfin, cooked, 25.5 †

Dairy

portions as stated



To 7.9 grams

Buttermilk, 1/2 cup, 4.1 †
Cheese, blue, 1 oz, 6.0
Cheese, cheddar, 1 oz, 7.0
Cheese, cream, 1 Tbsp, 1.1
Cheese, cream, fat free, 1 Tbsp, 2.3
Cheese, feta, 1 oz, 4.0
Cheese, mozzarella, 1 oz, 7.8
Cheese, parmesan, grated, 1 Tbsp, 2.1 †
Cheese, provolone, 1 oz, 7.3
Ice cream, vanilla, 1/2 cup, 2.3
Ice cream, vanilla, light (50%), 1/2 cup, 2.5
Sherbert, orange, 1 cup, 1.6
Yogurt, frozen vanilla, 1/2 cup, 2.9 †
Yogurt, plain, whole, 1 cup, 7.9 †

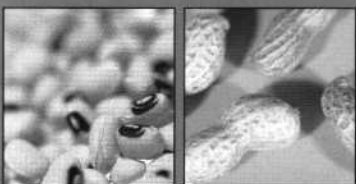
From 8 to 12 grams

Cheese, swiss, 1 oz, 8.1
Milk, 1%, 1 cup, 8.0 †
Milk, 2%, 1 cup, 8.1 †
Milk, evaporated, nonfat, 1/2 cup, 9.7 †
Milk, nonfat, 1 cup, 8.4 †
Milk, whole, 1 cup, 8.0 †
Yogurt, plain, low fat, 1 cup, 11.9 †

12.1 or more grams

Cheese, cottage, creamed, 1 cup, 26.0
Cheese, cottage, low fat (2% milkfat), 1 cup, 31.0
Cheese, cottage, non-fat, 1 cup, 25.0
Cheese, ricotta, part skim milk, 1 cup, 28.0 †
Cheese, ricotta, whole milk, 1 cup, 27.7 †
Milk, condensed, sweetened, 1/2 cup, 12.1 †
Milk, dry, nonfat instant, 1/2 cup, 12.2 †
Yogurt, plain, skim, 1 cup, 13.0 †

Legumes and Nuts



To 7.9 grams

Beans, black, boiled, 7.6 †
Beans, kidney, -boiled, 7.7 †
Beans, lima, 7.3 † *
Beans, navy, boiled, 7.9 †
Beans, pinto, 7.0 † *
Beans, refried, 6.9 †
Chickpeas, boiled, 7.3 †
Cowpeas, cooked from raw, drained, 2.6
Pecans, 2 oz, 5.2 †
Soy milk, 3.8 *

From 8 to 12 grams

Beans, white, 9.5 † *
Cashews, dry roasted, 2 oz, 8.7 †
Cashews, oil roasted, 2 oz, 9.2 †
Chestnuts, European, 2 oz, 9.1 †
Hazelnuts, 2 oz, 8.5 †
Peanut Butter, 2 Tbsp, 8.0 †
Peas, split, 8.2 *
Soy hamburger patty, 2.5 oz, 12.0 †
Tofu, silken, raw, 4 oz, 9.6 †
Tofu, soft, raw, 4 oz, 9.0 † *
Walnuts, English, 2 oz, 8.6 †

12.1 or more grams

Almonds, 2 oz, 12.1 †
Beans, soy, cooked, 14.3 †
Lentils, cooked, 17.9 † *
Peanuts, dry roasted, 2 oz, 13.4 †
Peanuts, oil roasted, 2 oz, 14.9 †
Pine nuts, dried, 2 oz, 13.6 †
Pistachios, dry roasted, 2 oz, 12.1 †
Soy chicken patty, 2.5 oz, 13.0 †
Tofu, firm, raw, 4 oz, 13.0 † *

Grains and Cereals

portions are 1 cup or 1 slice unless otherwise stated



To 2.9 grams

Bread, french, 1/21' slice, 2.2
Bread, Italian, 1.8
Bread, oatmeal, 2.3 †
Bread, wheat, 2.7 †
Cereal, crispy rice, 2.1
Cereal, corn flakes, 1.8
Cereal, corn squares, 2.2
Cereal, rice squares, 1.9
Doughnut, plain, 2.4
Rolls, dinner (brown and serve), 1 roll, 2.4

From 3 to 6 grams

Biscuits, plain, 2 1/2", 4.2
Bread, pita, white, 6 1/291 pita, 5.5
Cereal, cream of wheat, regular, 3.8
Croissants, butter, 1 croissant, 4.7
Croutons, seasoned, 4.3
English Muffin, 1 whole, 4.4
Muffin, blueberry, premade, 1 muffin, 3.1
Oatmeal, plain instant, 1 packet, 4.4 †
Rice, brown, cooked, 5.0
Rice, white, cooked, 4.3
Rolls, hot dog or hamburger, 1 roll, 3.7
Rolls, kaiser, 1 roll, 5.6

6.1 or more grams

Bagel, egg, 3 1/2", 7.5
Bread crumbs, seasoned, 17.0
Bread stuffing, from mix, 6.4
Couscous, dry, 22.1
Macaroni, cooked, 6.7
Noodles, egg, cooked, 7.6
Rice, wild, cooked, 6.5
Spaghetti, cooked, 6.7
Wheat flour, white, 12.9 †
Wheat flour, whole grain, 16.44 †

† Foods high in phosphorus. * Foods high in potassium

What to Eat When You Have Kidney Disease

RE: Protein intake- 60 grams daily

Protein, found in meats, fish, poultry, dairy products, nuts and some grains, helps your body form muscle and tissue. But when your kidneys are not working well, the byproducts of protein breakdown can build up in your blood. This can make your kidneys work harder.

Some studies of low protein diets show that they can slow the progression of kidney failure. But other studies show that the diets do not help. Due to these mixed results, and the need to maintain good nutrition, doctors differ about the need to limit protein for people with chronic kidney disease (CKD). The answer is often moderation.

Many people with kidney disease find that they don't want to eat as much protein as they used to, because food doesn't taste the same. You may even need to make a special effort to eat enough protein and calories, because having kidney disease can reduce your appetite.

So, how much protein do you need? K/DOQI national guidelines for kidney disease suggest a daily protein intake of 0.75 grams per kilogram of body weight for mild to moderate CKD (Stages 1, 2 and 3). Divide your weight in pounds by 2.2 to learn what you would weigh in kilograms. For example, 176 lbs. divided by 2.2 is 80 kg. If this were your weight, you would need 80×0.75 , or 60 grams of protein per day.

In more severe kidney disease (Stages 4 and 5), the guidelines suggest considering 0.6 grams of protein per kilogram each day. Some doctors may advise even lower levels, which require close monitoring.

To figure out how much protein is in the food you're eating, read labels and use nutrition reference tables. After a while, you'll have a good sense of how much protein is in a serving of meat, milk, etc., so you won't have to look everything up. A renal dietitian has special expertise helping people with kidney disease put together healthy meal plans.