



Low Protein

Protein is a nutrient needed by the body for normal growth, wound healing, and the ability to fight infection. People with severe kidney or liver disease often must limit the amount of protein they eat because their bodies cannot use the protein properly. Dangerous waste products can build up in the blood from eating too much protein.

The following foods provide us with the most protein:

- Meat, fish, poultry, eggs
- Milk, yogurt, cheese, peanut butter

The following foods provide us with small amount of protein:

- Vegetables
- Starches such as breads, cereals, and pasta (the protein in these foods is of poorer but still good quality)

The following foods provide us with trace amounts of protein:

- Fruits
- Fats
- Sugars

A low protein diet will probably contain between 40 - 60 grams of protein per day. Your physician will specify the amount of protein that is best for you.

How much protein is there in the foods that we eat? Use the following values to determine how much protein is in your diet.

- Meat, fish, poultry contain 7 grams protein per ounce
- Peanut Butter contain 7 grams of protein in 2 tbsp.
- 1 egg contains 7 grams of protein
- Lentils contain 7 grams of protein in $\frac{1}{2}$ cup
- Cheese contains 7 grams of protein per ounce
- 1 cup of milk contains 8 grams of protein
- 1 cup of yogurt contains 8 grams of protein
- 1 cup of pudding contains 8 grams of protein
- All vegetables contain 2 grams of protein per $\frac{1}{2}$ cup serving
- All starches (breads, cereals, potatoes, rice, pasta) contain 3 grams of protein per $\frac{1}{2}$ cup serving

Check with specialty stores in your area for Low-Protein products.

Low-Protein Shake Recipe:

4 oz marshmallows
4 oz fruit ice or Italian ice
1/4 cup corn syrup
1 tbsp. Vegetable oil
1/2 cup vanilla ice cream

Place all ingredients in a blender and mix thoroughly. 600 calories, 2.5 grams protein, and 170 mg sodium.

Sample Low Protein Menu

Breakfast	Lunch	Dinner
Cheerios cereal 3/4 cup non-dairy creamer 1/2 cup orange juice 1/2 cup banana	white bread - 2 slices turkey breast - 1 ounce lettuce/tomato green beans 1/2 cup mayo - 1 tbsp apple fruit punch	lean hamburger 2 ounces white rice 1/2 cup broccoli 1/2 cup cauliflower 1/2 cup tossed salad 2 tbsp. Ranch dressing pineapple 1/2 cup
Snack	Snack	Snack
Cherry fruit roll up	Popsicle	Gum drops

The following provides approximately 40 grams of protein.