

Protein

Protein's function is to build muscles and improve body's immune system. If you do not eat enough protein, you are at risk of

- muscle wasting or protein-energy malnutrition
- weaken immune system and increase risk to infection

It is important to eat a right amount of protein when your kidneys are weak. Overeating protein will cause accumulation of waste products in your body which cause nauseousness, weakness, tiredness, short of breath and loss of appetite.

You current serum albumin level is _____ g/L. (Ideal range 35 – 50 g/L)

Your current intake is _____ portions a day.

You will need _____ portions of protein a day.

<p>Meat – 30g ~ 1/3 palm size ~ 1 matchbox size</p>	<p>Fish (with bone) – 60g ~ 1/2 medium fish</p>	<p>Prawn (no shell) – 40g ~ 4 medium prawn</p>
	<p style="text-align: center;">1 Portion Protein</p>	
<p>Egg white – 70g ~ 2 egg white</p>		<p>Egg – 60g ~ 1 whole</p>
<p>Legume (raw) – 30g ~ 1/4 cup</p>	<p>Bean curd (tofu) – 85g ~ 1/2 average square</p>	<p>Fish ball – 70g ~ 3 medium</p>

Please consult your dietitian for any enquiry.