

Kidney Disease Dietary advice – Vegetarian Protein Portions

'This dietary advice sheet provides general information to help you change your diet. If you want more detailed advice or are following other dietary restrictions and need guidance, please ask your doctor to refer you to a registered dietitian'.

It is important to eat enough protein for your body's needs. If you don't eat enough protein you will lose muscle mass, feel weak and will be more prone to infections. If you eat too much, the waste products produced by your body will build up in your blood. This may make you feel tired and unwell.

For vegetarians the main protein-containing foods are **beans and lentils, tofu, Quorn, nuts, seeds, eggs and dairy products, such as milk and yoghurt**. Depending on your weight and treatment you will be advised on how much protein you need to eat each day. You will be advised to take this in measured portions called exchanges. Each exchange contains 6-7g of protein.

My protein allowance is: portions or exchanges a day.



Vegetarian Protein Exchanges

Dairy Products	Portion Size		Portion Size
Cheese	25g	Cottage cheese	50g
Yoghurt	150g	Fromage frais	100g
Milk	200ml	Eggs	50g
Beans and Pulses			
Chick peas canned	80g	Black eye beans boiled	75g
Hummus	75g	Mung beans boiled	75g
Lentils/dhal – boiled	70g	Broad beans	75g
Lentils – dried	25g	Peas	120g
<u>Higher in potassium – if your potassium is raised include less frequently</u>			
Chick peas dried raw	25g	Kidney beans	100g
Soya beans	50g	Aduki beans	60g
Black eye beans dried	25g	Butter beans canned	100g
Low salt baked beans	100g		
Nuts and seeds			
Brazil nuts	45g	Pistachio nuts	25g
Hazelnuts	45g	Cashew nuts	25g
Pine nuts	45g	Peanuts/peanut butter	25g
Walnuts	45g	Sunflower seeds	35g
Pecan nuts	70g	Sesame seeds	35g
Almonds	25g	Tahini paste	35g
Other vegetarian options			
Quorn	50g	Vegeburger	30g
Tofu	75g	Vegebanger	50g
Soya mince granules	15g	Tofu burger	25g