

## Kidney Disease – Vegetarian/Vegan 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.

Common meat-free sources of protein include **beans and lentils, tofu, Quorn, soya protein, nuts, seeds, eggs and dairy products**. 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.**

### Protein Exchanges

**If you are following a vegan diet, please note that items marked with a \* may not be vegan**

<b>Dairy Products</b>	<b>Portion Size</b>		<b>Portion Size</b>
Cheese*	25g	Cottage cheese*	50g
Yoghurt*	150g	Fromage frais*	100g
Milk*	200ml	Eggs*	50g
Soya milk	200ml (other milk substitutes are usually low in protein)		

<b>Beans and Pulses</b>			
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

Higher in potassium – if your potassium is raised include less frequently

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		

<b>Nuts and seeds</b>			
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

<b>Others</b>			
Quorn*	50g	Vegeburger*	30g
Tofu	75g	Vegebanger*	50g
Soya mince granules	15g	Tofu burger*	25g
Nut roast*	50g		

If you have any further questions about your diet please ask to speak to a dietitian.