

Kidney Disease Dietary advice – 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

| Dairy Products | Portion Size | | Portion Size |
|-----------------------|---------------------|---|---------------------|
| 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) | |

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 |

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 | | |

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 |

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Others

| | | | |
|---------------------|-----|--------------|-----|
| 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.