

Protein and Your Kidney Health - Chinese Foods

Eating the right amount of protein can help to:

- Build and repair muscles
- Prevent muscle loss
- Heal wounds
- Strengthen your immune system



Your body needs protein. Protein is a part of a healthy diet every day.

You need to eat _____ ounces of high-quality protein each day.

Breakfast _____ Lunch _____ Dinner _____ Snacks _____



Examples of about 1 ounce of high-quality protein include:



1 oz/ 30 g cooked meat, poultry or fish



1 chicken wing



1/4 cup unsalted canned fish



1 oz/ 30 g / 2 cooked jumbo shrimps



3 meat dumplings or wontons



1 egg



2 solid egg whites, or 1/4 cup liquid egg whites



1/4 cup firm tofu



1/2 cup soft tofu



1/2 cup cooked beans or legumes



1/4 cup unsalted nuts



2 tbsp natural nut butter



1 cup milk or soy beverage



1 cup yogurt or 1/3 cup Greek yogurt



1/4 cup low sodium cottage cheese



1 oz / 1" cube cheese



3 ounces of meat is about the size of a deck of cards



1 cooked chicken leg (drum and thigh) has about 4 ounces of protein



Avoid (or limit) processed protein foods as they contain a lot of saturated fat, sodium, added potassium and/or added phosphorus.



Barbequed and roasted meats



Luncheon meat, hot dogs, ham



Chinese sausage



Beef jerky, pork jerky



Shredded pork



Chinese salted fish, salted canned fish



Fish balls, fish tofu, fish cake, meat balls, shrimp balls



Smoked fish



Dried shrimps, dried oysters



Frozen dim sum



Salted eggs, century eggs



Processed cheese



Fast food



Chicken nuggets



Fish sticks



Marinated tofu, fermented tofu

Note: This handout does not replace consultation with your kidney dietitian or health care provider.