
NUTRITION INFORMATION FROM YOUR DIETITIAN

Low Protein Diet

Purpose

The low protein diet is for those who must restrict protein content of foods, such as in liver and kidney diseases. Protein is needed for growth and repair of the body. It is important to get enough protein to meet basic needs, while avoiding excess protein. Since the overall amount of protein is reduced in this diet, it is important to **choose high biological value proteins such as those from beef, pork, fish, poultry, eggs, cheese, and milk.**

When eating a low protein diet, it is essential to have adequate energy (calories) from carbohydrates and fats. If too few calories are eaten, protein will be used by the body for energy, rather than for growth and repair. Sodium and fluids may also be restricted if ascites or edema (excess water) are present.

In the following lists, food items are combined into food groups according to the nutrient and protein values found in each food. Pay close attention to serving sizes. Do not exceed the total number of servings allowed daily from each group.

“Extend” protein in recipes so that a small amount is more satisfying:

- Use thinly sliced meats (it looks like more).
- Add vegetables like lettuce, onion, tomato, and pickles to sandwiches.
- Use milk substitutes (like non-dairy creamer) in place of milk in sauces and soups.
- Think of vegetables and grains as the main dish and meat as the side dish or complement to your meal. Add small amounts of meat to vegetable salads, rice, pasta, potato dishes.
- Use a stronger tasting cheeses such as sharp cheddar for more cheese flavor when using smaller amounts.

Add more calories (and save protein):

- Increase heart-healthy fats like monounsaturates (olive, canola, peanut oils), and polyunsaturates (corn, cottonseed, safflower, soybean or sunflower oils).
- Use candy and sweeteners (if you are diabetic, talk to your dietitian first).
- Use canned or frozen fruits in heavy syrup.
- Try a sherbet freeze: 12 oz. sherbet and 6 oz. Sprite (466 calories).

Dietitian: _____

Phone: _____

Facility: _____

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Protein Content of Food Groups

Milk: 4 grams protein; choose _____ servings per day.

Avoid commercially prepared milk drinks and all milk products not listed.

Foods	Amount per Serving	Foods	Amount per Serving
Whole, 2%, 1%, Skim	½ cup	Heavy whipping cream	¾ cup
Condensed	¼ cup	Sour cream	½ cup
Evaporated (regular/skim)	¼ cup	Non-dairy cream	1 cup
Dry, powdered (whole/skim)	2 tbsp.	Ice cream (no nuts)	½ cup
Light cream	½ cup	Yogurt (all varieties)	½ cup
Half and half (½ & ½)	½ cup	Custard	¼ cup
		Pudding (no nuts)	½ cup

Fruit: 0.5 grams protein; choose _____ servings per day.

Foods	Amount per Serving	Foods	Amount per Serving
Applesauce (all types)	½ cup	Lemon, fresh	1 each
Apple	1 small	Lime, fresh	1 each
Apple juice	½ cup	Mandarin oranges, canned	½ cup
Apricots, canned or raw	4 halves	Mango, medium	1
Banana, medium	½	Nectar, all types	½ cup
Blackberries	½ cup	Nectarine, medium	1 each
Blueberries	½ cup	Orange	1 each
Boysenberries, raw	½ cup	Orange juice, all types	½ cup
Cranberries	1 cup	Papaya, medium	1/3
Cranberry juice cocktail	½ cup	Peaches	½ cup
Cranberry sauce, jellied	½ cup	Pears	½ cup
Cranberry sauce, whole, cnd	2 oz.	Pineapple, raw	½ cup
Casaba	3/4 cup	Pineapple, canned	1/3 cup
Dates, dried	5	Pineapple juice	½ cup
Grapefruit	½ cup	Plums, canned or raw	1 each
Grapefruit juice	½ cup	Pomegranate, medium	1/3
Gooseberries, raw	½ cup	Prunes	5 each
Figs, cnd, heavy syrup	3	Prune juice	1/3 cup
Figs, raw or dried	1 med	Raisins	¼ cup
Fruit cocktail (all types)	½ cup	Rhubarb, frozen or cooked	½ cup
Grapes	10	Strawberries	½ cup
Grape juice, all types	½ cup	Tangerine	1 each
Honeydew	½ cup	Tangelo, medium	1
Kiwi, medium	1	Watermelon, diced	1 cup

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Vegetables: 2.0 grams protein; choose _____ servings per day.

Foods	Amount per Serving	Foods	Amount per Serving
Artichoke, cooked	1 med	Lettuce, iceberg	¾ oz.
Artichoke hearts, cooked	1/3	Mixed vegetables	½ cup
Asparagus, cooked	½ cup	Mushrooms	2 ½ small
Bamboo shoots, cnd	½ cup	Onions, all varieties (raw)	½ cup
Bean sprouts	½ cup	Parsnips, cooked	½ cup
Beans, green or wax	½ cup	Peas	½ cup
Beets, cooked	½ cup	Peppers, Jalapeno, cnd	½ cup
Broccoli	2/3 cup	Peppers, sweet, raw	½ cup
Brussels sprouts	¾ cup	Potatoes, cooked	½ cup
Cabbage, all varieties	½ cup	Potatoes, French fried, sm	10 strips
Carrots	2/3 cup	Pumpkin, cooked	½ cup
Cauliflower	½ cup	Radish, raw	3 small
Celery, raw	½ stalk	Rutabaga	½ cup
Celery, cooked	1/3 cup	Spinach	½ cup
Corn, cooked	½ cup	Squash, winter, cooked	½ cup
Corn on the cob, medium	½ cob	Squash, summer, cooked	½ cup
Cucumber, sliced	½ cup	Sweet potato	½ cup
Eggplant, cooked	½ cup	Tomato, raw	1 small
Greens, mustard, beet, etc.	½ cup	Tomato juice	½ cup
Hominy, grits cooked	½ cup	Turnip	½ cup
Kohlrabi, raw or cooked	½ cup	Vegetable juice cocktail	½ cup
Leek	½ cup	Watercress, chopped	¾ oz.
Lettuce, romaine	1 oz.	Water chestnuts, canned	8 each
		Yam, cooked	1/3 cup

Bread, Cereal and Desserts: 2.0 grams protein; Choose _____ servings/day.

Foods	Amount per Serving	Foods	Amount per Serving
Bread, all types	1 oz	Danish, doughnut, sweet roll	1 sm or ½ large
Biscuit or muffin	1 small	Cookies (no nuts) all types	2 medium
Hamburger / hot dog bun	1 small or ½ large	Cupcake (no nuts)	1 medium
Roll, 1 oz.	1	Brownies (no nuts)	1 (2x2x ¾)
Cornbread	2" square	Cake, all varieties, no nuts	1/10 (9x13)
Crackers, saltine	3 square	Cooked cereal	½ cup
Crackers, graham	2 square 1 slice	Pasta, all types, no egg noodles	½ cup
Holland risk, regular	5 slices	Homemade fruit pie, 9 in.	1/10
Melba toast	2 slices	Flour, cornmeal, cornstarch, tapioca	2 ½ tbsp.
Rykrisp	1 – 6"	Uncooked barley	1 ½ tbsp.
Pancakes	1 – 6"		
Waffles	1 – 6"		
Tortilla	1 ½ cups		
Popcorn, popped	¾ cup		
Sherbet			

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Meat: 7.0 grams protein; choose _____ servings per day.

Foods	Amount per Serving	Foods	Amount per Serving
Egg	1 each	Peanut butter	2 tbsp.
Cheese	1 oz.	Tofu (soybean curd)	½ cup
Cottage Cheese	¼ cup	Soybean products	1 cup
All meat, fish, poultry	1 oz.	Miso	3 tbsp.
Canned tuna or salmon	¼ cup	Beans/legumes	½ cup
Shellfish: clams, oysters, shrimp	5 small or ¼ cup		

Fat: The following contain 45 calories per serving and negligible protein

Foods	Amount per Serving
Butter, margarine, shortening, oils, lard, mayonnaise	1 teaspoon
Salad dressing (mayo-type)	2 teaspoon
Salad Dressing: French, Roquefort, blue cheese, 1000 Island (These are regular dressings, not the reduced calorie)	1 teaspoon

Misc.: The following contain 60 calories per serving and negligible protein

Foods	Amount per Serving	Foods	Amount per Serving
Butterscotch drops	3 pieces	Lollipops	1 small
Chewing gum	6 sticks	Marshmallows	3 large
Cotton candy	2 cups	Mints, medium	2
Gum drops, small	15 pieces	Popsicle	1 regular
Gum drops, large	2 pieces	Sugar	4 tsp
Hard candy	2 pieces	Sugar, powdered	1 tbsp.
Honey	1 tbsp.	Syrup, corn, light	1 tbsp.
Jelly beans	10	Syrup, flavored (not choc)	2 tbsp.
Jams / Jellies	1 tbsp.		

Beverages: The following contain 50-70 calories per serving and negligible protein

Foods	Amount per Serving
Beverages, artificially flavored fruit drinks	¾ cup
Beverages, carbonated drinks	¾ cup
Ginger ale	1 cup
Lemonade	½ cup
Orange drink, Tang	1/3 cup

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Combine Legumes and Cereal grains for Protein of High Quality

(Combinations that furnish approximately 20 grams of protein.)

2/3 cup cooked dry peas plus one of the following:

- 1 cup cooked pasta
- 3 slices bread
- 1 ½ cup cooked rice
- 1 cup cooked cornmeal

1-1/3 cup cooked lentils plus one of the following:

- ¾ cup pasta
- 2 slices bread
- 1 cup cooked rice
- ¾ cup cooked cornmeal

Lentil Sprouting: Soak whole lentils in about 3 times their volume of water overnight or until they are saturated. Drain off excess water and keep seeds in a warm place (68 degrees or slightly warmer). Keep the seeds moist by rinsing with lukewarm water 2-4 time per day. Lentils can grow in light or dark. You will need at least 1 pound of lentil seeds to sprout. Use a container that drains easily, such as a colander, screen-lidded wide-mouth jars or shallow glass dishes with cheesecloth in the bottom. Lentil seeds need to grow 2-4 days or ¾ to 1 ½ inches long before they are ready to use. 1 cup of lentil seeds makes six cups of sprouts.

Low protein products may be purchased from Dietary Specialties at 716-263-2787, including low protein bread, crackers, cookies, pasta, baking mixes, wheat starch, and gelatin.

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