NHS
University Hospitals Sussex
NHS Foundation Trust

Dietary protein intake for chronic kidney disease

Dietetics

Patient information

What is this information about?

This leaflet is for anyone with kidney disease. It aims to guide you in meeting your daily protein needs.

Why have I been given this information?

Your protein needs are different to the general population.
This is because:

- When approaching dialysis, it is important to not eat too much protein as this can put extra strain on the kidneys.
- When on dialysis it is important to eat slightly more protein as you can lose protein throughout the dialysis process.

Why do I need protein for my body?

Proteins are essential for all our body functions; including the growth and repair of body tissues, keeping our bones and muscles healthy and our immune system strong.

How much protein do I need?

To determine your protein goal, we use your dry or target body weight as a reference. If your Body Mass Index (BMI) falls below 18.5 kg/m² (underweight) or above 30 kg/m² (obese) we may need to adjust your daily protein goal.

Please speak with your dietitian if you are unsure on how to work this out.

Please refer to the table on the next page to understand how many grams of protein you need based on different kidney treatments.

Kidney treatment	Grams of protein per kg body weight per day
General population	0.75 – 0.85g
Non-dialysis	0.8 – 1.0g
Haemodialysis (HD)	1.1 – 1.4g
Peritoneal Dialysis (PD)	1.0 – 1.2g

Table showing how much protein is needed for different kidney treatments.

Food	Recommended portion size (g)	Average protein content (g)
Tofu	80g	13-17
Chickpeas	150g, ½ drained can	10
Lentils	150g cooked, 4 tablespoons	14
Cream cheese	30g, 2 tablespoons	2
Hard cheese	30g, Matchbox size	8
Cottage cheese	75g	7
Quark	60g	9
Cow's milk	200ml, 1/3 pint	7
Oat milk	200ml, 1/3 pint	2
Soy milk (fortified)	200ml, 1/3 pint	5
Almond milk	200ml, 1/3 pint	1
Skyr yogurt	150g (1/3 pot)	16
Natural yogurt	125-150g, 1 standard pot/ 4 tablespoons	5-6
Greek yogurt	125-150g, 1 standard pot/ 4 tablespoons	8-9

Food	Recommended portion size (g)	Average protein content (g)
Soy yogurt	125-150g, 1 standard pot/ 3 tablespoons	5-6
Rice pudding	200g (1/2 standard tin)	6
Tinned custard	130g (1/3 standard tin)	4
Nuts	30g, small handful	4-8
Nut butter	30g, 1 tablespoon	7-8
Chicken	90g (1 breast/ thigh)	29
Minced beef	90g	20
Quorn pieces	75g	11
Pork sausages	2 medium	19
Vegetarian sausages	2 medium	13
Sliced ham	2 Slices	4
White fish	140g (1 fillet), whole hand	34
Prawns	80g	12
Tinned fish	½ standard tin	17
Eggs	2 medium	12
Sliced bread	2 medium slices	6-8
Rice	50g uncooked, 2-3 tablespoons	4
Pasta	75g uncooked, 2-3 tablespoons	11
Potato	100g cooked	less than 2
Cornflakes	30g	2
Porridge oats	40g	4
Weetabix	2 biscuits	5

Table showing how much protein is in some foods.

What if I do a lot of sport?

If you are very physically active both your energy and protein needs will be higher, but we would still need to protect your kidneys by recommending a moderate protein intake.

It is likely that you will be able to meet your protein goals through your normal diet alone without supplementation such as protein shakes or protein powders.

Who can I contact for further information and advice?

Renal Dietitians

Email uhusessex.renal.dietitians@nhs.net

Phone 01273 696955 Ext. 64327

This leaflet is intended for patients receiving care in Brighton & Hove or Haywards Heath

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