

# Supplements to pack your protein

Protein is essential for everyone. Dialysis increases the amount of protein your body needs each day. Consuming enough protein helps you feel your best and thrive.

## Finding your ideal kidney-friendly protein supplement

A protein supplement will help you meet your daily intake goals. Talk to your dietitian to find the protein supplement that works best for you as the amount of phosphorus, potassium, and calcium they contain can vary. If prescribed, take your phosphate binder with your supplements.

### Read the nutrition label

It's important to choose a supplement that has:

- /// Less sodium than calories
- /// Around 15 grams of protein per serving
- /// Lower added sugar, especially if you have diabetes

### Some supplement ideas to consider include:

- /// Protein bars, powders, liquids, and ready-made shakes
- /// Protein-fortified foods (e.g., protein pasta, oatmeal, cereal, and whole grain bread with added protein)



## PRO TIPS

**For an easy boost, mix a scoop of protein powder with:**

- /// Applesauce
- /// Yogurt
- /// Coffee
- /// Oatmeal

**When to use a protein supplement:**

- /// Before or after your dialysis treatment
- /// Running errands, going to appointments, or traveling
- /// As a snack in-between meals



## PROTEIN GOALS

My daily protein needs \_\_\_\_\_

My current protein intake \_\_\_\_\_

How much more I need \_\_\_\_\_

I will try... \_\_\_\_\_

\_\_\_\_\_

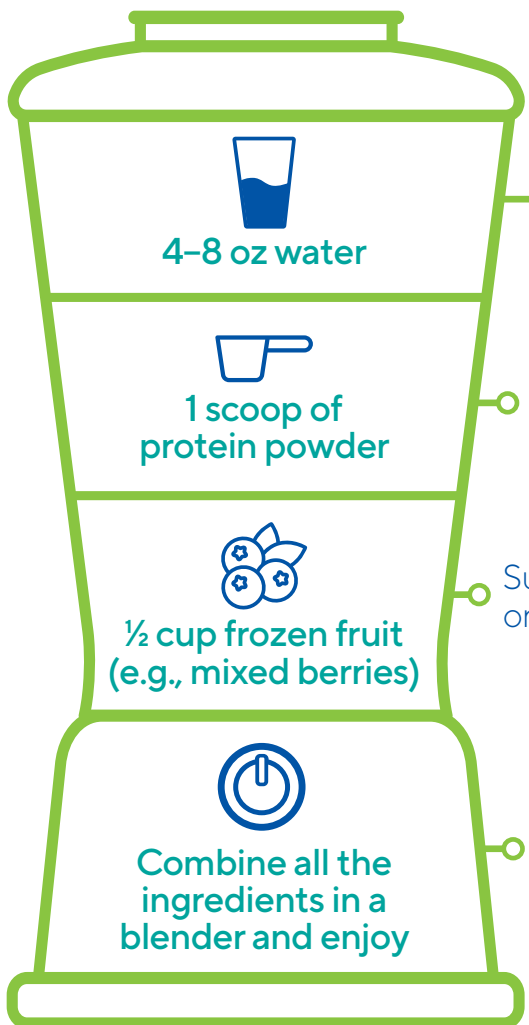


## KEEP YOUR PROTEIN INTAKE ON TRACK

Work with your dietitian to create a high-protein meal plan while finding the best protein supplements for you. Visit [FreseniusKidneyCare.com/Protein](https://www.freseniuskidneycare.com/protein) to learn more.

## BUILD YOUR OWN PROTEIN SMOOTHIE

It only takes a minute to boost your protein intake with this easy, nutritious recipe.



Work with your dietitian to adjust the fluid amount based on your individual needs.

If desired, add 1/2 cup of yogurt for more protein and a creamier texture.

Substitute fresh or canned fruit.

If you don't have a blender, you can use a wooden spoon, whisk, or hand mixer.

## HIGH-PROTEIN FOOD EXAMPLES

1 egg  
**7 grams**



3 ounces meat (chicken, fish, beef, or pork chop)  
**21 grams**



2 tbsp peanut butter  
**8 grams**



1 cup Greek yogurt  
**15 grams**



1/2 cup beans/legumes  
**7 grams**



4 ounces tofu  
**10 grams**



## MY HIGH-PROTEIN DAILY MEAL PLAN:

BREAKFAST	LUNCH	DINNER	SNACK
_____	_____	_____	_____
_____ grams	_____ grams	_____ grams	_____ grams
			<b>TOTAL</b> _____ grams



### FIND GREAT PROTEIN-PACKED RECIPES

Visit [FreseniusKidneyCare.com/Recipes](https://www.FreseniusKidneyCare.com/Recipes) for protein-packed meal ideas.