

Protein

Protein's function is to build muscles and improve body's immune system.

If you do not eat enough protein, the body will




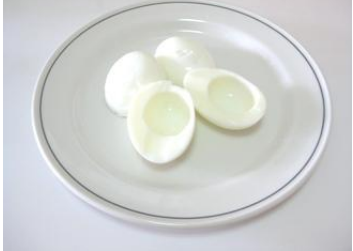
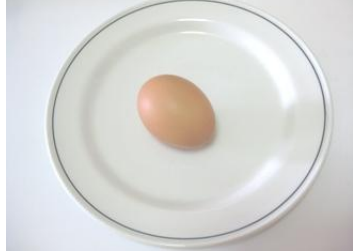



- break down tissue and muscle
- leading to muscle loss and increase risk to infection.

It is important to eat a right amount of protein when your kidneys are weak. Overeating protein will cause accumulation of waste products in your body which cause nauseous, weakness, tired, short of breath and lose appetite.

You Current Protein level is _____ g/L. (Ideal range 35 – 50 g/L)

Your current intake is _____ portion a day.

You will need _____ portion of protein a day.

		
<p>Meat – 30g ~ 1/3 palm size ~ 1 matchbox size</p>	<p>Fish (with bone) – 60g ~ 1/2 medium fish</p>	<p>Prawn (no shell) – 30g ~ 4 medium prawn</p>
	<p>1 Portion Protein</p>	
<p>Egg white – 70g ~ 2 egg white</p>		<p>Egg – 60g ~ 1 whole</p>
		
<p>Legume (raw) – 30g ~ 1/4 cup</p>	<p>Bean curd (tofu) – 80g ~ 1/2 average square</p>	<p>Fish ball – 70g ~ 3 medium</p>

Please consult your dietitian for any enquiry.