

What if You Don't Eat Meat!

Being on dialysis means that you need to eat more protein than most people. But sometimes meat, poultry or fish may just not taste good or appeal to you.

The good news is that other foods, besides animal protein foods, can help you meet your protein needs. Listed below are some other high protein foods, their nutritional content and information about where they can be purchased.

Food	Portion Size	Nutritional Content	Where to Buy
Soy Drink (soy milk)	1 cup	6 gm Protein 340 mg Potassium (average) 120 mg Phosphorus	Look in the Health Food section, or in the dairy case.
Soy Nuts (tastes similar to roasted peanuts)	2 Tbsp.	8 gm Protein 300 mg Potassium 140 mg Phosphorus	Most supermarkets. Look where nuts are sold, or in the Health Food section.
Soy Cheese	1 slice	4 gm Protein 15 mg Potassium 200 mg Phosphorus	Produce section of the supermarket.
Tofu (regular or silken type)	1/2 cup	10 gm Protein. 150 mg Potassium 120 mg Phosphorus	Produce section of the supermarket.
Tofu (firm type)	1/4 cup	10 gm Protein 150 mg Potassium 120 mg Phosphorus	Produce section of the supermarket.

Food	Portion Size	Nutritional Content	Where to Buy
Tempeh	1/4 cup	8 gm Protein 170 mg Potassium 110 mg Phosphorus	Produce section of the supermarket.
Protein Plus Cereal (Makes a great snack; eaten “dry”)	2/3 cup	12 gm Protein 300 mg Potassium 120 mg Phosphorus	Cereal section at the supermarket.
Cottage Cheese	1/4 cup	7 gm Protein 47 mg Potassium 74 mg Phosphorus	Dairy case at the supermarket.
Chick Peas	1/3 cup	5 gm Protein 159 mg Potassium 92 mg Phosphorus	Cooked and canned beans are in the vegetable aisle.
Black Beans	1/3 cup	5 gm Protein 203 mg Potassium 80 mg Phosphorus	Cooked and canned beans are in the vegetable aisle.
Peanut Butter	1 1/2 Tbsp.	6 gm Protein 160 mg Potassium 88 mg Phosphorus	