

EAT 6-9 OUNCES OF **PROTEIN** EVERY DAY!



1 egg = 1 oz protein

1/4 cup egg substitute = 1 oz protein

1 chicken leg = 1 oz protein

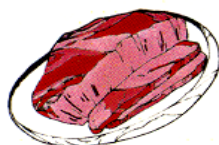
1 chicken wing = 1/2 oz protein

1 chicken thigh = 2 oz protein

1 chicken breast = 3 oz protein

3 slices of turkey = 3 oz protein

3 slices of roast = 3 oz protein



1/4 lb hamburger patty (3" x 1/2") = 3 oz protein

1 pork chop = 3 oz protein

1/4 cup tuna = 1 oz protein

6 oz can tuna = 5 oz protein



1/4 cup cottage cheese = 1 oz protein

fish (the size of a deck of cards) = 3 oz protein

steak (the size of a deck of cards) = 3 oz protein

12 large shrimp = 3 oz protein

1/4 cup crab = 1 oz protein

1/4 brick of tofu = 1 oz (7 grams) protein



LIVE LONGER & HEALTHIER - KEEP YOUR ALBUMIN OVER 4.0!

Developed by ESRD Network #15 under contract

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Distributed by ESRD Network #18

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