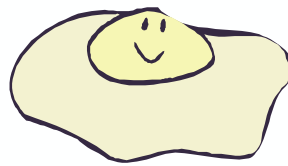


# LIVE LONGER WITH A HIGHER ALBUMIN

If your albumin level is greater than 4.0 research tells us that you will live longer! Albumin is a blood protein that measures whether you are eating enough protein. An albumin of 4.0 or higher helps digestion, healing and fights infection.



## EAT PROTEIN TO IMPROVE YOUR ALBUMIN

**Eggs** are the best protein you can eat. If your albumin is low, try eating at least 1 egg every day! Don't worry about cholesterol-- raising your albumin is top priority! However, if you know your cholesterol is high, use some of the new lower cholesterol eggs, egg substitutes or egg whites (2 whites = 1 egg).

### **Other great protein foods:**

**Chicken**

**Turkey**

**Beef**

**Fresh Pork**

**Lamb**

**Fish-including canned tuna**

**Seafood**

**Veal**

**Tofu**

**Cottage Cheese**



### HOW MUCH PROTEIN IS ENOUGH?

You need 6-9 ounces of protein each day! (6 ounces for smaller people and 9 for larger folks.) Because dialysis washes away blood protein, you need more than other people.

1 egg = 1 ounce protein  
1 pork chop = 3 ounces  
1 chicken breast = 3-4 oz  
1 chicken leg = 1 ounce  
1 "quarter pound" burger  
= 3 oz.

¼ cup tuna = 1 oz  
¼ cup cottage cheese = 1 oz.  
6 ounce can tuna = 6 oz.  
1 chicken wing = ½ ounce  
1 chicken thigh = 2 ounces

*A deck of cards is about the size  
of a 3 ounce serving.*