

Protein Intake in Chronic Kidney Disease (Predialysis and Dialysis)

Approximately 16 % of the human body is made of protein. Without protein, our bodies would be unable to heal from injury, stop bleeding or fight infection. That's why eating protein is so important in order to stay healthy.

Proteins consist of amino acids. Your body needs the right amount of protein and amino acids, respectively, with your diet, because they are used for the:

- Repair of tissue
- Building of hormones
- Building of antibodies and enzymes
- Help of balance acid/base, fluid and electrolytes
- Provision of some of the body's energy

Recommended Intake

In chronic kidney disease [2,3]:

GFR 25-70 ml/min:

0.55–0.6 g protein/kg body weight/day (2/3 of high biological value)

GFR < 25 ml/min:**0.55–0.6 g** protein/kg body weight/day (2/3 of high biological value) or

0.3/0.4 g plus essential keto acids/ amino acids

in haemodialysis [2,4]:

1.2–1.4 g protein/kg bodyweight/day
(≥ 50 % of high biological value)

in peritoneal dialysis [2,4]:

1.2–1.5 g protein/kg bodyweight/day
(≥ 50 % of high biological value)

