

## Dietary Guidelines for a Low Protein Diet

This diet sheet describes the type of foods which are good sources of protein, (not permitted in a low protein diet), and those foods which are poor sources of protein (allowed freely in a low protein diet). Some foods are allowed but must be counted. These are listed on the exchange lists.



### Foods Allowed Freely



<b>Fruit</b>	All fruit apart from dried fruit, bananas (See exchange list). Some need to be counted if eaten in large amounts during the day. Ask your dietitian about these.
<b>Vegetables</b>	All vegetables apart from peas, beans, sweetcorn (See exchange list). Some need to be counted if eaten in large amounts during the day. Ask your dietitian about these.
<b>Sugar</b>	Including sugary drinks, squashes, table sugar, syrup
<b>Other Drinks</b>	Tea, coffee (If milk taken see exchange list).
<b>Jams</b>	Marmalade, jam, golden syrup, treacle.
<b>Fats</b>	Butter, fats, oils. (avoid low fat spreads as may be higher in protein content)
<b>Sauces</b>	Mayonnaise, salad cream, tomato sauce etc Pasta sauces
<b>Seasonings</b>	Salt, pepper, mustard, vinegar, French dressings, salad dressing. All herbs and spices, curry powder, food essences and colourings.
<b>Sweets</b>	Boiled sweets e.g. Barley Sugar or any chewy sweets which are low in gelatin e.g. Opal Fruits, Skittles, Jelly Tots. Ice pops including Mr. Freeze pops.
<b>Other</b>	Low Protein products available on prescription which include a range of biscuits, crackers, pasta, breakfast cereals, breads, flour mix .etc.



## Foods Not Permitted



<b>Meat</b>	All types of meat including processed ham, corned beef etc.
<b>Fish</b>	All kinds including shellfish, tinned and processed fish.
<b>Eggs</b>	All eggs and egg products
<b>Dairy</b>	All ordinary milk and soya milk, cheese, yogurt, ice-cream, dairy desserts, chocolate, chocolate drinks etc.
<b>Bread and Cereals</b>	All ordinary bread, biscuits, breakfast cereals can be taken but must be counted as per exchange lists. Many manufactured foods, e.g. Processed soups, sauces, cakes use flour as an additive and must be avoided.
<b>Vegetarian Foods</b>	Many vegetarian foods contain cheese, pulse vegetables or lentils are not permitted. Soya-based meat/cheese substitutes (Tofu) are also very high in protein and are not permitted.
<b>Nuts</b>	All nuts including coconut and nut pastes e.g. peanut butter
<b>Gelatin</b>	All sweets which are thickened with gelatin e.g. wine gums, fruit pastilles, and all jelly.
<b>Baking</b>	Marzipan contains almonds and egg Royal icing contains egg white Lemon curd also contains egg yolk
<b>Sweets</b>	Chocolate, Toffees, Fudge and any other sweets containing milk or gelatin as an ingredient unless on exchange list.