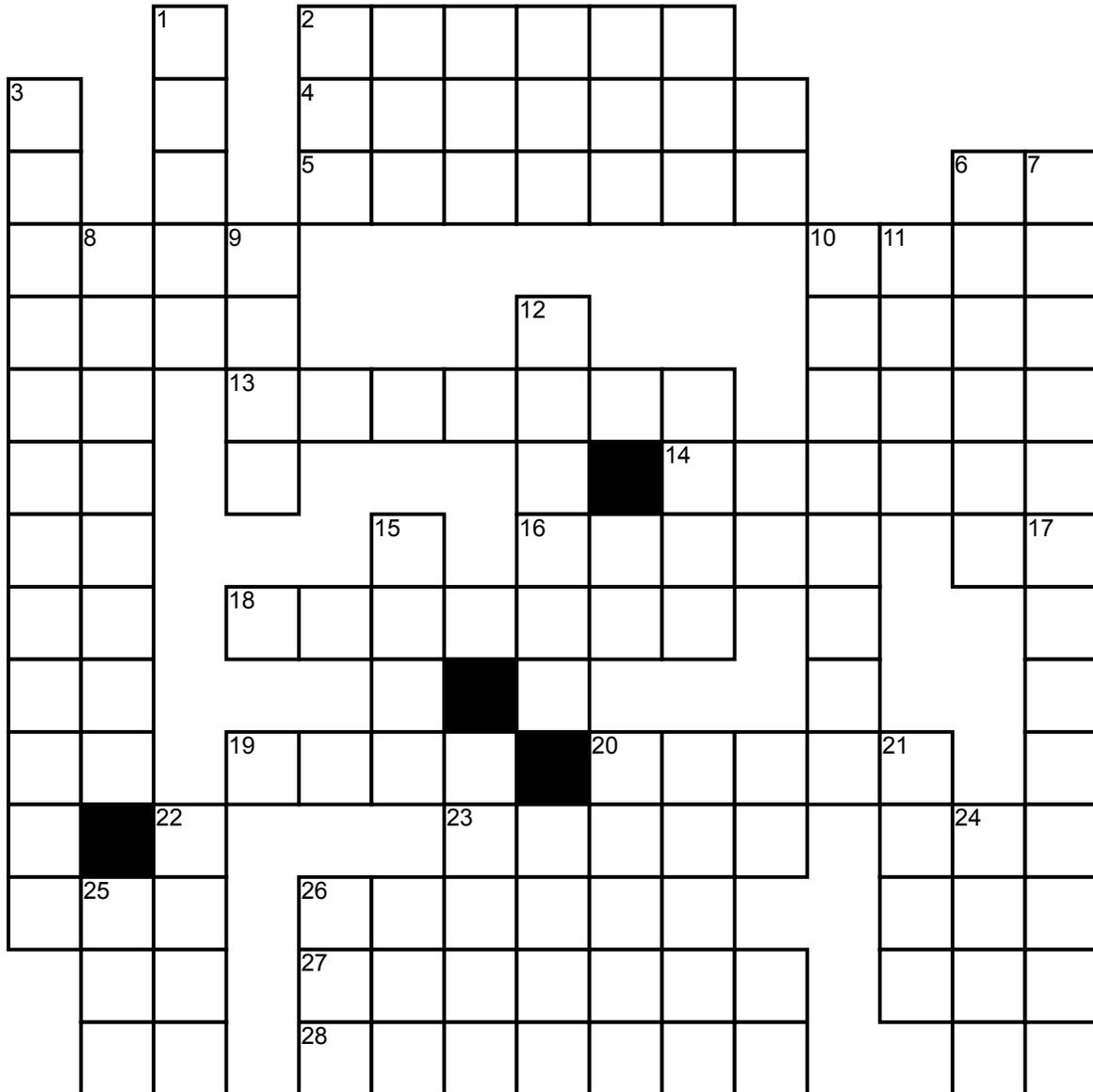


# Increasing Protein for My Health!



**Across**

- 2. Completing this puzzle, as well as an enPCR greater than 1.1 for 2 or more months, and an albumin >3.5 qualifies me for \_\_\_?
- 4. \_\_\_ is considered poultry, and an excellent source of protein
- 5. I want my enPCR (greater or less) than 1.1
- 13. \_\_\_ is another protein source. Examples include: fish, crab, crawfish and shrimp
- 14. True or false, protein should not be at every meal
- 16. \_\_\_ is a food group that consist of milk, cheese and yogurt and contains protein
- 18. \_\_\_ needs are increased because the protein is removed through dialysis
- 19. \_\_\_ perfect bars are great for extra protein
- 20. \_\_\_ Chips contain 20 grams of prtein, and are low in Potassium and Phosphorus
- 23. \_\_\_ is a pork food often served at breakfast, and is a fat, not a meat

- 26. I need at least \_\_\_ grams of protein per day
- 27. lab value indicating protein and calorie intake, as well as how well you're dialyzing, wounds, illness and infection
- 28. I want my albumin (greater or Less) than 3.5?

**Down**

- 1. \_\_\_ is the number of grams of protein in one oz. of meat
- 3. \_\_\_ is a peanut composed spread that is a source of protein, but high in potassium and phosphorus
- 6. Protein source often served at Thanksgiving
- 7. \_\_\_ is a soy based protein that can be flavored to taste like anything
- 8. enPCR measure \_\_\_\_, which is released as protein breaks down in the body (element beginning with N)
- 9. \_\_\_ is my renal dietitian

- 10. If my appetite is poor, I should let the \_\_\_ team know
- 11. \_\_\_ are an excellent protein source from chicken and duck
- 12. Whey \_\_\_ is a renal safe supplement to increase protein intake. Remember to mix with minimal fluid
- 15. High fluid gains above 3 kg can cause albumin to go \_\_\_?
- 17. Albumin and enPCR are checked \_\_\_? (time frame)
- 21. Egg salad and \_\_\_ salad are great foods for extra protein
- 22. True or False, there are medications that can improve appetite
- 24. \_\_\_ is a red meat often served ground or chopped
- 25. \_\_\_ is a large pork meat often prepared for larger groups of people