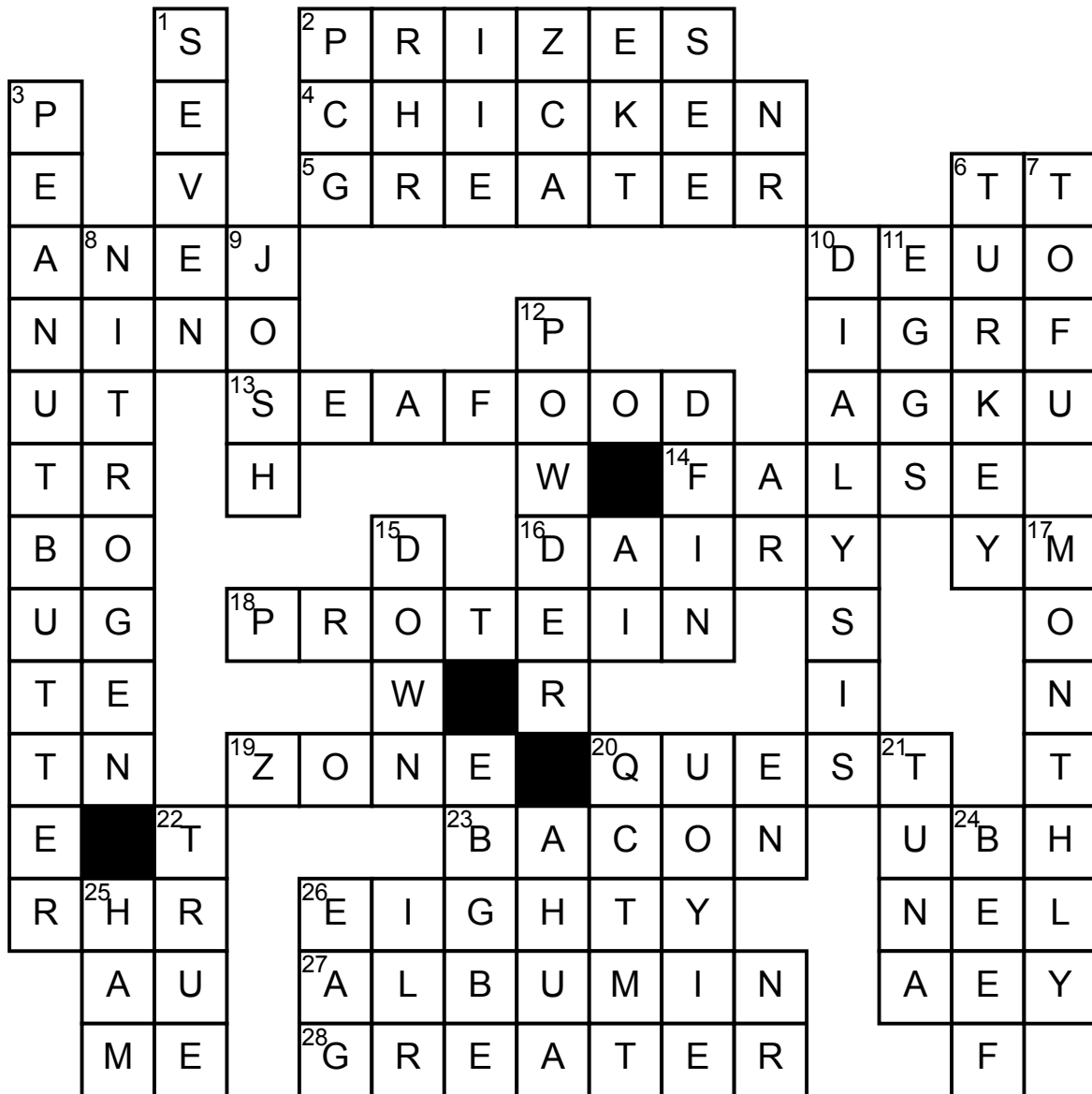


Increasing Protein for My Health!



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 prtoein, 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