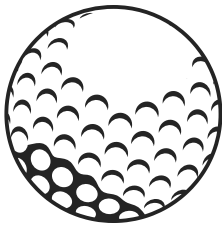


Recommended Protein Portion Sizes

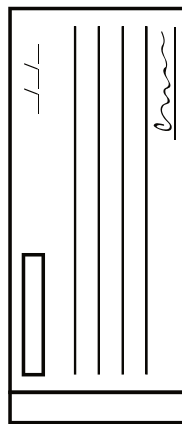
By  Cukebook.org

Golf Ball



1/4 cup
nuts
6-8 grams of protein

Checkbook



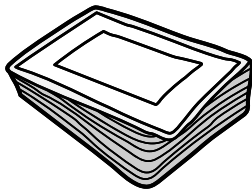
3 ounces
Fish
Approximately 18-25
grams of protein

1/2 of a Baseball



1/2 cup
Beans, Tofu, Lentils
8-10 grams of protein

Deck of Cards

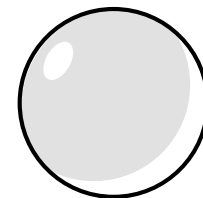


3 ounces
Meat
Approximately 20-25 grams

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Ping-Pong Ball



2 Tablespoons
Nut Butters and Hummus
6-8 grams of protein

*Always consult a renal dietitian on your specific needs.