

Reduced Animal Protein Diet

Why does animal protein matter?

- Eating meat, including poultry and fish, adds acid to your body. This can change the pH of your urine (pee).
- Animal proteins increase uric acid in your body. Uric acid is a waste product that's created when your body breaks down chemicals called purines in food and drinks. Too much uric acid in the body can lead to kidney stones.

How much animal protein should I eat?

- Try to eat less animal protein during the week or eat smaller portions.

How can I eat less animal protein?

- Make 2 or more days each week "non-meat" days. You can use dairy and eat plant-based protein foods like beans.
 - Only eat 1 serving of meat, fish, poultry or seafood each day.
 - Keep portion sizes of meat, fish, poultry, or seafood to no more than 1/4 of your plate (or 3 to 4 ounces by weight).
 - Do not eat organ meats, waterfowl, game meats, and certain types of seafood (anchovies, sardines, herring). These are high in purines.
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Non-animal protein foods

Eat more:	Eat less:
<p>Legumes or pulses:</p> <ul style="list-style-type: none"> • Beans (such as black, kidney, garbanzo beans, or white beans) • Lentils • Split peas, black-eyed peas • Chickpeas • Green beans are a low protein food <p>Soy:</p> <ul style="list-style-type: none"> • Soybeans • Tofu • Edamame • Tempeh • Soymilk <p>Nuts and seeds:</p> <ul style="list-style-type: none"> • Nut butters (such as peanut or almond butters) • Seeds (such as sunflower or pumpkin seed) • Seed butters (such as sunflower seed butter, an allergy friendly option for those with a nut allergy) 	<ul style="list-style-type: none"> • Protein with more than 200 milligrams (mg) sodium per serving. • Processed or frozen protein foods • Large amounts of soy. It can raise the oxalate content in your urine.

Animal protein foods

Eat more:	Eat less:
<ul style="list-style-type: none"> • Eggs or egg whites • Lean beef, wild game, and “all natural” chicken, fish, pork, seafood, or turkey • You can eat dairy products (milk, cottage cheese, Greek yogurt) unless you were told to eat less calcium. 	<ul style="list-style-type: none"> • Protein with more than 200 mg sodium per serving • Processed or frozen protein foods • Salty processed meats (such as bacon, bologna, salami, and other lunch meats), ham, hot dogs, sausage, breakfast sausage, and pre-seasoned meats

Sample menu with less animal protein (4 ounces in a day)

Meal	Food
Breakfast	<ul style="list-style-type: none"> • 2 eggs, hard-boiled • 1 cup oatmeal • 1 cup blueberries • 1 cup coffee
Lunch	<p>Sandwich made with:</p> <ul style="list-style-type: none"> • 2 slices whole wheat bread • 2 Tbsp peanut butter • 1 Tbsp SF jelly <p>Sides:</p> <ul style="list-style-type: none"> • 1 cup carrots, raw • 1 apple <p>1 cup water with lemon</p>
Afternoon snack	<p>2 tablespoons hummus made from chickpeas 4 celery sticks</p>
Evening meal	<ul style="list-style-type: none"> • 2 ounces fish, broiled • 1/2 cup brown rice, cooked • 1/2 cup black beans • 1/4 cup green peppers, sautéed • 1/4 cup mushrooms, sautéed • 2 tablespoons olive oil • 1/2 cup green beans • 1/2 cup peaches
Evening snack	<ul style="list-style-type: none"> • 1-ounce mixed nuts • 1 pear