



What You Need To Know About Albumin

What is Albumin?

Albumin is a type of body protein made from the protein you eat every day. It is made by your liver and your level helps your doctor and dietitian determine your health and nutritional needs.

Why is Albumin Important?

Albumin provides your body with the protein it needs to help build muscles, repair tissues and fight infections. During dialysis, albumin in your blood can also help pull excess fluid that you gain between your dialysis treatments, from your tissues, into the blood, where it can be removed by the machine. Therefore, it is important that you eat protein every day to stay healthy.

How Do I know what my Albumin Levels Are?

The amount of protein or Albumin in your blood is measured monthly by your doctor in your monthly lab work. Having an Albumin level of 4.0 g/dL or greater is your goal for optimal health. When your albumin level is below 4.0g/dL, your doctor and dietitian will encourage you to eat more protein and calories.

What Kind of Protein Should I Eat Every Day?

The different kinds of protein that are important for you to eat every day are meat, poultry, pork, fish and eggs. Dairy products, such as milk, cheese and yogurt are also good sources of protein. You can also get good sources of protein through certain plant sources such as dried peas and beans. Ask your dietitian how you can add high protein foods to your diet and how much you should eat each day. If you are unable to eat enough protein, your dietitian may recommend a nutritional supplement to help.

A low albumin will put you at risk for infections.