

PROTEIN AS PROTECTION

ALBUMIN LEVELS MATTER EVEN MORE DURING THE COVID-19 PANDEMIC

WHAT IS ALBUMIN?

Albumin is the main protein in our blood and is responsible for transporting hormones, enzymes, vitamins, and other important substances throughout our body. Protein plays a huge role in healing wounds, fighting infections, and providing a great source of energy to the body.

Studies show a connection between risk of being transferred to the ICU and higher death rates due to hospital infections in patients with lower albumin levels. Your dietitian monitors your albumin levels to better understand your nutritional status and risks for malnutrition and infection.

ALBUMIN LEVELS

Recent research has found that keeping albumin within the range of 3.5 - 5.5 g/dl (optimal level: 4.0g/dl and up) decreases your risk of hospitalization. This range varies slightly for dialysis patients.

Knowing the risks associated with low albumin in hospitalized patients reinforces protective power of protein and our ability to prevent infection and malnutrition through adequate protein intake.

WHY IT MATTERS

Studies show that a diet rich in protein, particularly isoleucine, leucine and valine (found in Vidafuel), positively impacts immune function, and our ability to prevent infections and recover from illnesses.

Protein plays a key role in building the body's tissues and fighting viral infections such as COVID-19. Our immune system is made up of antibodies and immune system cells that come from protein. Without enough protein, people can experience weakness, lower immunity, fatigue, and difficulty recovering from infection.



DIETITIAN TIPS

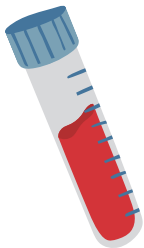
HOW TO PROTECT WITH PROTEIN



1

EAT THE RIGHT FOOD

Eat a diet rich in fish, chicken, turkey, lean meats, beans and whey protein.



2

MONITOR YOUR HEALTH

Keep track of your albumin levels. If you are a renal patient, get your blood-work checked monthly.



3

SPEAK WITH A DIETITIAN

Speak with a dietitian to learn the right amount of protein for you; generally 0.8-1.2 grams per kilogram of body weight.



4

TAKE ACTION

Start taking a protein supplement like the Vidafuel Protein Drink, which has been clinically proven to improve albumin levels when taken regularly.