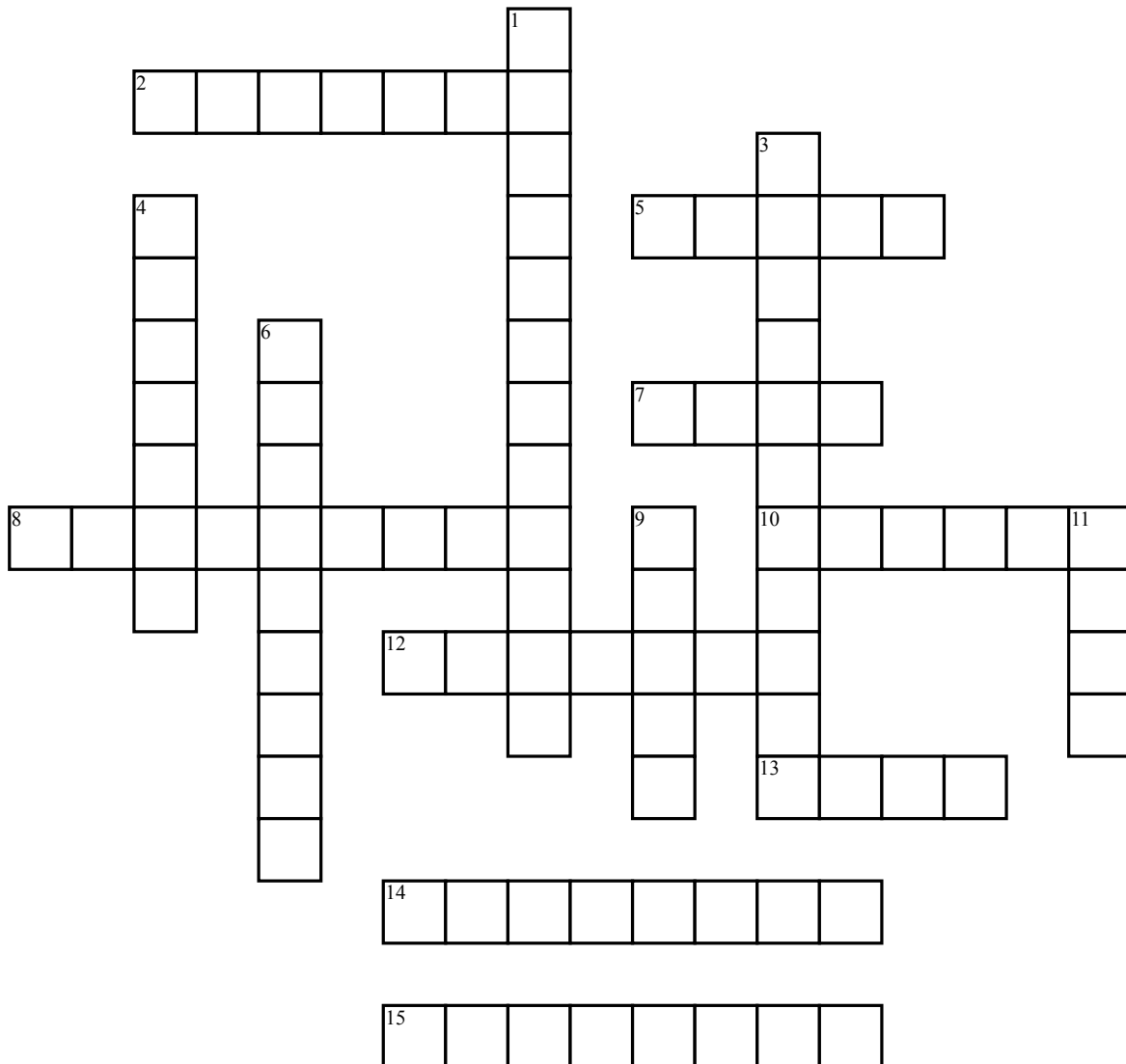


Name: _____

Albumin



Across

- 2. a protein made in your liver that helps keep your body running smoothly and feeling strong
- 5. Maintaining a healthy albumin level will help remove this more easily during dialysis
- 7. One serving of meat, poultry, or fish is about 3 ounces or the size of this part of your hand
- 8. Try to eat protein before and after every _____
- 10. Low albumin levels may result in loss of _____, feeling weaker, poor healing, greater chance of heart disease
- 12. an important nutrient for your body that helps build muscle, repair tissue and fight infection

13. Low albumin can cause this to be dry or itchy

14. You lose protein during each _____ treatment

15. Albumin helps you well and helps keep you out of the _____ (no one likes to go here)

Down

- 1. When you are healthy, your body usually makes enough albumin. If your body stops making enough albumin, this may be telling you that you: have an _____ (how your body acts when an infection, injury, or other illness happens) and/or are not eating enough protein
- 3. Come in liquid, bar or powder form. Great way to boost your protein intake!

4. a good source of lean protein (has wings)

6. If you have any questions about albumin you should ask this person :)

9. this type of yogurt is higher in protein. Just proceed with caution when choosing fruit flavored due to potassium content!

11. a good source of protein usually served at breakfast, but you can eat these any time of day!