

## **RENAL DIET FOR CHRONIC KIDNEY DISEASE**

### **TO AVOID:-**

- **SODIUM RICH FOODS** like common salt, salty snacks, packaged foods should be avoided to control blood pressure & to prevent excess retain of body fluids
- **POTASSIUM RICH FOODS** like bananas, sweet potato, tomato, papaya, tender coconut water etc.,
- **PHOSPHOROUS RICH DIET** like lentils, beans, sea foods, dairy products, etc.,
- **HIGH PROTEIN DIET** like meat, eggs, beans, cheese, milk etc.,

### **RECOMMENDED PLAN:-**

- **FLUID MANAGEMENT** should be done properly.  
Fluid intake should be calculated based on fluid loss, body weight & type of dialysis
- **LOW POTASSIUM FOODS** like brinjal, lady'sfinger, radish, cucumber, apple muskmelon, strawberry etc.,
- **LOW GLYCEMIC INDEX FOODS** to manage diabetes