



## Ckd Patient Summary example (Mr. Gaurav, 45 years, 75 kg, 5'11")

Disease: CKD Stage 4 (Creatinine 2.8, GFR 25)

Other Issues: Diabetes (HbA1c 6.7, fasting 132), Very High Triglycerides (500), Mild nutritional deficiency

Lifestyle: Businessman, less physical activity, veg diet, light food

Vitals: BP 130/90 (borderline high), Pulse 90

Family history: Diabetes

Tongue: Sometimes yellow → digestion/liver imbalance

### Chief complaint: Kidney

#### Breakfast - 5 Options

Vegetable dalia (lauki + beans, light cooked) + 1 small apple slice

Poha (peas + beans, no peanuts, low oil) + weak tea without sugar

Suji upma (carrot + tori) + 1 slice guava

Besan cheela (2 small, with coriander chutney) + papaya piece

Oats porridge (cooked with water, lauki, beans) + 1 pear slice

#### Lunch - 5 Options

2 phulkas + lauki sabzi + thin moong dal + cucumber-carrot salad

2 phulkas + parwal sabzi + small curd bowl (if phosphorus normal)

1 small katori rice + tori sabzi + thin masoor dal soup

2 phulkas + cabbage sabzi + pumpkin sabzi

2 phulkas + beans sabzi + bottle gourd raita (if allowed)

#### Snacks - 5 Options

Green tea + 2 Marie biscuits

Roasted murmura + 1 small pear slice

Roasted makhana (very little salt) + herbal tea

Light lauki soup (salt-free) + 1 carrot stick

1 small papaya slice + jeera water



#### Dinner - 5 Options

2 phulkas + lauki sabzi + thin moong Dalia

2 phulkas + parwal sabzi + carrot salad

1 phulka + light khichdi (moong dal + lauki, no ghee) + cabbage sabzi

2 phulkas + karela sabzi (light cooked, not fried) + cucumber salad

2 phulkas + pumpkin sabzi + beans sabzi



#### Guidelines:

- Use less salt and less oil in cooking.

- Fruits limited to apple, pear, papaya, guava (small port)

Avoid banana, orange, coconut water, potatoes, dry fruits, sweets, fried food.

- Hydration only as per nephrologist's advice.

*This chart is for guidance. Always follow up with your kidney doctor for personal adjustment*

#### 🚫 Foods to Avoid (Why)

Salted foods – pickles, papad, chips, namkeen

👉 Worsen BP & kidney swelling.

High potassium foods – banana, orange, coconut water, tomato, potato, dry fruits

👉 Kidneys can't remove extra potassium → dangerous for heart.

High phosphorus foods – nuts, seeds, chocolates, cola drinks, excess paneer

👉 Weakens bones in kidney patients.

Non-veg, heavy dals (rajma, chole, urad) too much protein increase urea / creatinine load on weak kidney.

Fried & Oily Foods – samosa, kachori, pakoda.

👉 Increases cholesterol + heart risk.

Prepared By Ayuamritwellness team

For more details what's up : 7294841393