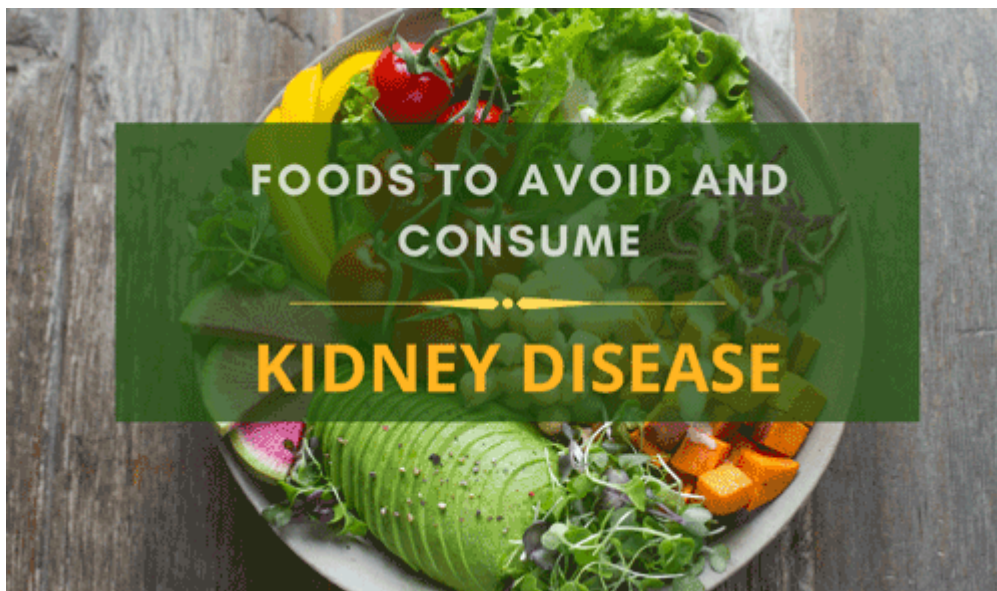


Diet Plan for Patients of Kidney Disease

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Kidney disorders are usually inflammatory in origin, or degenerative in nature. With an increasing severity, these may result in renal failure. Kidney diseases may be acute or chronic and have several underlying causes. The main function of kidney is to eliminate waste products and extra fluid from blood. A well planned diet is one of the ways to control levels of protein, potassium, sodium, fluid and phosphorus in body. Renal diet is low in sodium, phosphorus, potassium and protein. Balanced diet is helpful to slow down certain complications like blood pressure, proteinuria, edema, anemia and kidney failure. Water is always the best way to hydrate and it helps to remove stones and toxins from body. Increase the intake of fruits and vegetables. A good lifestyle choice such as proper diet and medications can help to prevent the kidney disease.



DIET CHART FOR KIDNEY DISEASE

EARLY-MORNING

Warm water

BREAKFAST

Broken wheat porridge / Semolina (veg upma) / vermicelli / Idli / Brown Bread Sandwich / Missi Roti / Chapatti with Veg or Dal / Oats + Egg white

MID-MORNING

Fruit / Herbal tea

LUNCH

Chapati+ Rice + Salad + Vegetable + Dal

EVENING

Homemade soup / Vermicelli / Herbal tea

DINNER

Chapati + Vegetable

BED TIME

Herbal tea

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Wheat and Oatmeal

Cereals to be avoided

Barley

FRUITS

Fruits to be consumed

Apple, Pears, Papaya

Fruits to be avoided

Banana, Coconut, Dates, Kiwi, Orange, Lemon, Squash, Artichokes, Avocadoes, Prunes, Raisins, Pomegranate, Tomatoes, Watermelon, Olives, Pineapple, Figs, Bael, Green papaya, Custard apple, Mango, Peach, Plum, Apricot.

VEGETABLES

Vegetables to be consumed

Ridge guard, Pumpkin, Bottle guard, Round guard, Radish, Carrot, Cabbage, Bell pepper, Lettuce , Capsicum, Turnip, Ginger, Peas(boil before use) , Green leafy vegetables rich in fiber, vitamins, photochemical and antioxidants.

Vegetables to be avoided

Spinach, Potato, Sweet potato, Mushroom, Cauliflower, Broccoli, Beet root, Swiss chard, Brussels sprouts, Kale, French beans, Eggplant, Onion, Cucumber, Garlic, Arbi, Kamalkakdi (lotus stem), Sem phali (bean pod) Yam, Cluster beans

PULSES

Pulses to be consumed

Green gram (moongdal/ dhulimoondal) 50 to 80 grams / day, Lentil dal, Pink lentil (masoorkidal)

Pulses to be avoided

Soyabeans, Kidney beans, Winged beans, Black beans, White beans, Lentil nuggets (Dalbadiyan)

DAIRY PRODUCTS

Dairy Products to be consumed

None

Dairy Products to be avoided

Cheese, Curd, Butter, Milk cream, Condensed milk

SPICES

Spices to be consumed

Fenugreek/Methi, Coriander, Bay leaves, Mint, Black pepper, Cardamom

Spices to be avoided

Salt- use very less

Generally all the spices contain approximately more than 40 to 50 percent of potassium in them. So it is recommended to avoid much consumption of spices in any form

DRINKS

Drinks to be consumed

Water is the best drink for kidney patient.

Drinks to be avoided

Carbonated drinks and alcoholic drinks.

FLESH FOODS

Flesh Foods to be consumed

Egg white boiled (1-2 eggs)

Flesh Foods to be avoided

Meat, Fish, Prawns, lobster, Crab, Eggs (Yellow part), Salmon

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Dried cranberries can be taken as they are low in phosphorus

Dry Fruits to be avoided

Raisins, dates, figs, prunes, peanuts, and almonds

OILS

Oils to be consumed

Use olive oil as it is healthy source of fat and is phosphorus free.

Oils to be avoided

Hydrogenated oils

OTHER FOODS

Other Foods to be consumed

Wheat, Rice, Sabudanakheer/ Payasa, Mungdaalkhichdi

Other Foods to be avoided

Nuts and dry fruits like Peanuts, Almonds, Cashew nuts, Hazel nuts, Brown rice , Garbanzo, Chickpeas, Non- fat milk powder , Biscuits, Namkeen, Maggie, Honey, Pickles, Papad, Sauces, Chocolates, Aerated drinks, Packaged and preserved foods, Coconut water, Ajinomoto, Baking soda.

LIFESTYLE AND DIETARY TIPS

- Walk for at least 30 min is recommended
- Whole fruits should be preferred to fruit juices
- Skipping meals should be avoided, especially the breakfast.
- Water intake should be limited 8-10 glasses per day
- Small and frequent meals should be taken.