



# DIETARY RECOMMENDATIONS FOR RENAL DISORDERS-DIALYSIS

## 24 hour food intake

<b>Foods</b>	<b>Weight (g)</b>	<b>Calories</b>	<b>Proteins</b>
Cereals-whole wheat atta/rice/porridge/wheat bread/oats/wheat flakes/cornflakes	270	884	25
Milk low fat-3%	300	180	10
Curd (low fat milk)	240	145	8
Paneer (low fat milk)	75	217	16
Egg (white)	2	32	8
Chicken/Fish	60	150	14
Dal	25	80	5
Fruit (Apple/papaya/guava/pear/jamun)	200	80	
Vegetable (tori, lauki, capsicum, brinjal, cauliflower, tinda, cucumber, parwal, cabbage)	400	124	4
Green peas, beans, carrot, pumpkin, ladies finger, onion,)			
Cooking oil	20ml	180	
<b>Total calories (approximately)-Veg Diet</b>		<b>1890</b>	
<b>Total Proteins (approximately)-Veg Diet</b>			<b>68</b>
<b>Supplements:</b>			

# A day's Menu

## Bed Tea:

- ½ cup Tea + 2 Marie Biscuit

## Breakfast:

- Milk (low fat) 1 cup (100ml)
- Paneer-25g/egg white
- Whole wheat bread slices 2/whole wheat porridge or oats 50g (one bowl)

## Mid Morning:

- 1 fruit only-100g (Apple/papaya/guava/pear/jamun)

## Lunch:

- Salad- cucumber
- Chappati (wheat and bengal gram 4:1) 80g (4 medium sized)
- Paneer-50g/Chicken or Fish-60g
- Green vegetables-200g (2 servings)
- Curd (low-fat milk) 120g (1 bowl)

## Tea:

- ½ cup of tea + Upma/poha/cheela-50g
- Evening Fruit 100g (1 medium)

## Dinner:

- Salad: Cucumber
- Rice with whole pulse/bengal gram
- Chappati 4 medium sized (80g)
- Dal-25g (1 bowl-cooked)
- Curd 120g (1 bowl)
- Green vegetables 200g (2 servings)

## Bed time:

- Milk (low fat) 1 cup (100 ml.)

## Dietary tips for Renal patients

1. If Potassium levels are high:
  - Choose low potassium fruits and vegetables
  - Potassium can also be reduced by leaching process-soak and boil vegetables-discard water.
  - The highest amount of potassium is found in nuts, potatoes, oranges, kiwi, peaches, apricots, and all dry fruits. Avoid fruit juices
  - Low potassium foods, safest to include frequently in a renal patient's diet, include papaya, stewed apple, grapes, stewed pears and plums, green beans, corn, cauliflower, tinda, tori, lauki, cucumber and pumpkin
2. Avoid adding salt substitutes containing potassium. Avoid sauces like: Soy sauce, Worcestershire sauce and tomato sauce as they are rich in sodium
3. Collect a good selection of no-sodium seasonings, vinegar, mint and coriander to flavor low salt food
4. Avoid extra milk or milk products
5. Avoid dry fruits: almonds, peanuts, cashew nuts, walnuts, etc.
6. No sugar, no jaggery, no honey (If Diabetic)
7. Count water content of foods if any fluid restriction
8. Avoid extra salt
9. Remain physically active

Dietician Sign: