

DIET FOR RENAL FAILURE

Things to be noted

1. Apart from the regular diet food items with low salt, potassium and phosphate levels are highly beneficial.
2. Salt & Water consumption is based on the severity of the disease or else pedal edema (swelling of leg) oedema of the upper limb. Sometimes breathing difficulty (dyspnoea) may also occur.
3. Patient should be sure that the diet they consume like tea, coffee, curd, buttermilk, Rasam (soup like item in South India), Juice, water must be in a restricted manner as per the liquid diet.

I. Food items to be avoided

1. Turmeric Powder, Coriander seeds
2. Coconut
3. Tender coconut, cool drinks, citric fruit such as orange, mosambi & fruit juices.
4. Coco-cola drinks, tea, coffee, jaggery, chocolate, malt & energy drinks.
5. Dry fruits (Dates, dry grape (kismis))
6. Lettuce like drumstick leaves.
7. Dals
8. Tinned & preserved food items.
9. Baking soda, Ajinomotto, more salted foods like dry fish, sausage, chips, pickles, pop-corn, cornflakes, Baking powder.
10. Cake, Paneer, soup varieties
11. Sauce, Tomato, Soyabeans

II. Other food items to be avoided

The tuberous vegetables should not be eaten plain, They are cooked in such a manner, that their outer skin is peeled, sliced into small pieces & boiled. The greens are also cooked in such a manner that the boiled water is drained completely and used. More oil & spices (masala) should be avoided.

III. Food items to be included

Cabbage, beans, bitter guard, sabre bean, cauliflower, chow chow, snake guard, bottle guard, ladi finger, stem of plantain, green plantain, cucumber, tomato

1. Weekly twice - Greens
2. Daily - White yolk
3. Weekly once - fish (25 grams only)

IV. Essential things to be followed use

1. Pasteurized milk
2. Refined cooking oil (Eg : Sunflower oil)
3. Rock salt can be used instead of normal table salt

Fruits to be consumed

1. Apple
2. Pine - Apple
3. Papaya
4. Guava

Be Blessed