

## RENAL DIET

Timing	Menu	Household measures
8:30 pm	Poha OR	1 Bowl
	RavaUpma/ Dalia Upma OR	1 Bowl
	Tea	1 small cup (100 ml)
11 a.m.	Fruit (Guava/apple/pear/ orange )	1 no
1 p.m.	Roti / bhakri/	2 no.
	Rice / pulao	1 Bowl
	Dal (thick)	½ Bowl (50 ml)
	Sabzi + salad	1 ½ Bowl
	Curd (THICK)	½ Bowl (50 ml)
5 p.m.	Tea	1 small cup (100 ml)
	Biscuit/ Bhel/roasted chivda/ sago khichdi	5 no./1 Bowl / 1 no.
9:30 p.m	Chapatti	1 no
	Rice	1 Bowl
	Dal (thick)	½ Bowl (50 ml)
	Veges	1 Bowl
11 p.m.	Milk	1 cup

### **Sodium:**

- A high sodium intake favors a variety of effects that enhance urinary calcium excretion and favor kidney stone formation rate. These effects include an increase in urinary pH, a higher urinary calcium, a higher cystine levels in the urine and decrease in the urinary citrate excretion. Reducing dietary sodium has been shown to reduce urinary calcium excretion in hypercalciuria stone formers. While dietary sodium is associated with increase urinary calcium excretion and low bone density.

## **DIETARY GUIDELINES**

- Avoid table salt , baking soda, Ajinomoto, bakery products (cakes, biscuits, pizzas, khari, cupcakes, doughnuts, breads, cookies etc) Papad, Pickle, Preserved, refined and processed food items(refined oil, refined grains, fast foods, instant noodles etc.) maida preparations, fried items(fried chips, bhajia, French fries etc), salted butter, cheese, sauces, packet soups, soup cubes, tinned and canned foods(canned fruits, canned juices)
- Use half teaspoon of salt for the entire day's cooking
- Avoid nuts, jaggery, brown sugar, coffee, chocolate, cocoa powder, coconut water and fruit juices.
- Avoid whole pulses, soups, dal water and raw salads. Tomato should not be eaten raw but in cooked form can be consumed.
- Avoid using salt substitutes e.g., black salt. Instead use lemon juice, vinegar, tamarind pulp for improving the taste.
- Avoid salty snacks such as salted chips, salted crackers and salted nuts

**Leaching:** Cut the vegetables into small pieces and bring it to boil in a large quantity of water for at least 10 minutes, discard the water and again put fresh water and cook the vegetables as required. Low potassium foods can be consumed without leaching , moderate potassium foods if taken more than thrice a week should be leached and high potassium foods has to be leached out whenever consumed.

### **FOOD ITEMS TO BE AVOIDED**

- Thickening agents like corn flour and maida in soups.
- Soft drinks (cola, pepsi, limca, thums up etc) and alcohol.
- Reused oils and hydrogenated fats (dalda, vanaspati)

### **FOOD ITEMS TO BE RESTRICTED**

- High Calorie Vegetables like Potato, Sweet potato, Yam, Colocasia, Tapioca.
- Avoid fasting & skipping meals
- Spaces out the meals like proper breakfast, lunch, evening snack, dinner and a bed time snack.
- Include all food groups to make the diet more nutritious & balanced. Cereals, Pulses (dals), Vegetables, Milk & Milk products, and Fresh Fruits as advised.
- Oil consumption should be restricted to ½ kg/ month/ person i.e., 3-4 teaspoon