

## Diet for Kidney Patients

<b>FOOD PRODUCTS TO BE AVOIDED</b>	<b>FOOD PRODUCTS TO BE CONSUMED</b>
<b>Pulses (rich in proteins and potassium content)</b>	<b>Pulses</b>
<ul style="list-style-type: none"> <li>× Soybeans</li> <li>× Kidney beans</li> <li>× Winged beans</li> <li>× Black beans</li> <li>× White Beans</li> </ul>	<ul style="list-style-type: none"> <li>✓ Green gram (Moong dal/dhulimoong dal)</li> <li>✓ lentil dal, pink lentil (Masoorikidaal)</li> </ul> <p><b>NOTE - <i>All in less quantity</i></b></p>
<b>Fruits</b>	<b>Fruits</b>
<ul style="list-style-type: none"> <li>× Banana</li> <li>× Rosemary</li> <li>× Coconut</li> <li>× Dates</li> <li>× Kiwi</li> <li>× Orange</li> <li>× Lemon</li> <li>× Artichokes</li> <li>× Avocadoes</li> <li>× Prune</li> <li>× Raisins</li> <li>× Pomegranate</li> <li>× Tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>✓ Apple</li> <li>✓ Apricots</li> <li>✓ Pears</li> <li>✓ Peaches</li> <li>✓ Papaya</li> <li>✓ Olives</li> <li>✓ Black berries – in less quantity</li> <li>✓ Bamboo Shoots</li> <li>✓ Pineapple</li> </ul>
<b>Vegetables</b>	<b>Vegetables</b>
<ul style="list-style-type: none"> <li>× Spinach</li> <li>× Potato</li> <li>× Sweet potato</li> <li>× Mushroom</li> <li>× Cauliflower</li> <li>× Broccoli</li> <li>× Beet root</li> </ul>	<ul style="list-style-type: none"> <li>✓ Ridge guard</li> <li>✓ Pumpkin</li> <li>✓ Bottle gourd</li> <li>✓ Round gourd</li> <li>✓ Radish</li> <li>✓ carrot</li> <li>✓ Eggplant</li> </ul>

<ul style="list-style-type: none"> <li>× Swiss Chard</li> <li>× Brussels Sprouts</li> <li>× Kale</li> <li>× French Beans</li> </ul>	<ul style="list-style-type: none"> <li>✓ Onion</li> <li>✓ Cucumber</li> <li>✓ Cabbage</li> <li>✓ Bell Pepper</li> <li>✓ Lettuce</li> <li>✓ Capsicum</li> <li>✓ Turnip</li> <li>✓ Garlic</li> <li>✓ Ginger</li> <li>✓ Peas ( Boil before use)</li> <li>✓ Green leafy vegetables rich in fiber, vitamins, phytochemicals and antioxidants</li> </ul> <p><b>NOTE</b> - <i>Soak all the vegetables overnight in water and throw the same water, also boil in water before cooking and throw that water. Prefer filtered water for washing and cooking vegetables.</i></p>
<b>Non Veg</b>	
<ul style="list-style-type: none"> <li>× Meat</li> <li>× Fish</li> <li>× Eggs</li> <li>× Salmon</li> </ul>	
<b>Spices</b>	<b>Spices/Oils</b>
<p>Generally all the spices contain approximately more than 40 percent to 50 percent of potassium in them. So, it is recommended to avoid much consumption of spices of any form.</p> <p>Salt – Use very less</p>	<ul style="list-style-type: none"> <li>✓ Fenugreek/Methi</li> <li>✓ Coriander</li> <li>✓ Bay Leaves</li> <li>✓ Mint</li> <li>✓ Black Pepper</li> <li>✓ Cardamom</li> <li>✓ Sunflower Oil</li> <li>✓ Olive Oil</li> </ul>

<b>Other food products</b>	<b>Other food products</b>
<ul style="list-style-type: none"> <li>× Cheese</li> <li>× Curd</li> <li>× Nuts and dry fruits like almonds, cashew nuts, hazel nuts</li> <li>× Brown Rice</li> <li>× Garbanzo</li> <li>× Chickpeas</li> <li>× Non-fat milk powder</li> <li>× Biscuits</li> <li>× Namkeen</li> <li>× Maggie</li> <li>× Pasta</li> <li>× Butter</li> <li>× Honey</li> <li>× Milk cream</li> </ul>	<ul style="list-style-type: none"> <li>✓ Milk – low fat</li> <li>✓ Wheat</li> <li>✓ Rice</li> <li>✓ Sabudanakheer/Payasa</li> <li>✓ Mungdaalkhichadi</li> <li>✓ Green grass juice/daily 1 - 2 glasses</li> <li>✓ Methi or fenugreek seeds/1tsp. soaked in water (1 cup/glass) overnight.</li> </ul>