

DIETETICS DEPARTMENT

RENAL DIET

FOODS RECOMMENDED

- Skim or fat free milk, plain yogurt. The serving is limited to 150-200 ml per day.
- Liquids like sambhar, rasam, thin dal, milk, tea, coffee etc.
- For non vegetarian 50 gm of any non-veg or 1 egg or 100 ml of milk is allowed.
- 1 cup of cooked dal is allowed in any form per day.
- Rice kheer, seviyan kheer, sago kheer, custard etc. are allowed.
- Sabudana vada, fried rice, suji upma and namkeen seviyan are also allowed.
- Potato can be included in diet. Peel and leach* the potato and other vegetables before using.
- One fruit of 60-80 gms per day like, papaya, apple, guava.
- Include arrowroot biscuits as a snack.
- Include pasta, noodles, macroni, white bread.
- 7-8 tsp of oil can be used per day.

FOODS RESTRICTED

- Restrict the amount of liquid intake to the prescribed amount.
- Salt intake should be restricted to 2gm per day or ½ teaspoon per day.
- Cereals and pulses to be taken in prescribed quantity.
- Milk and milk products be made using double toned or skimmed milk.
- Butter, desi ghee, vanaspati, coconut oil.

FOODS TO BE AVOIDED

- Whole milk, extra milk and milk products like curd etc.
- Meat, chicken and fish.
- Fruit juices, tender coconut water, vegetable soup, lassi.
- No raw vegetable and fruits should be taken.
- Jam, ketchup, sauces, chocolates, cake, jellies etc. should be avoided.
- Green leafy vegetables, Vegetables like peas, beans, lotus stem, mushroom, corns etc.
- Dry fruits like almonds, peanuts, cashew nuts, walnuts etc.
- Extra pulses, cereals, legumes, peas, beans etc.
- Fruits like banana, mango, grapes, chiku, sapota, custard apple etc.
- Beverages like carbonated drinks, milk shakes, fruit juices, squashes, sharbats etc.
- Pickles made using oils. Canned & tinned foods like pizza toppings, tinned fruits, condensed milk etc.

***Leaching: soak and wash the vegetable for sometime in water before using.**