

Renal Diet -

Healthy Foods and Recipes (For Chronic Kidney Diseases/Protein leakage)

What foods should be avoided during the treatment:

(Foods or beverages which act like a poison to the body, and should not consume these during the treatment period):



- More than 1 ltr of water/day (which includes water content in the food)



- Milk and milk-based products (Except for curds/yogurt without cream)



- Aerated Beverages, Fruit Juices



- All forms of oils and fats



- Cereals
Coarse grains like ragi, bajra ,
minor millets(siridanya)



- Fruit Juices



- Meat
(except fish and chicken)



- More than 5gm salt



- Processed baked foods
(cookies, biscuits, etc)



- Alcohol



- Pulses
(like red gram and horse gram)



- Consumption of more than
30% of cereals in the food



- Bananas
(except banana stem juice)

DIET TO BE FOLLOWED DURING THE TREATMENT

Pre-Biotics

Once (a) Garlic – About 2-3 small pieces.

(b) Ginger – About ½ cm sliced.

(c) Fenugreek Seeds [soaked in water or sprouted overnight] – ½ teaspoon. Should be consumed once in the morning in an empty stomach. This is food for the beneficial microbes in the gut of the body and this food act as natural pre biotics , these microbes releases enzymes and which will act as a catalyst help in breaking down the foods in the gut effectively, the nutrients in from the foods helps in nourishing the cells in the body.

Banana Stem Juice

Two times a day, once in the morning and once in the evening. Helps in removing calcareous formations in the arteries and capillaries. This must be consumed twice a day (if possible), 100 ml each time.

Flax Drink

Two times a day once in the morning and once in the evening, it contains omega 3 and omega 6 essential fatty acids (this helps in regulating the cellular metabolic activity and the cellular respiratory system) and high amounts of lignans (this helps in detoxifying the cells). One portion of flax diet has the nutritional equivalent of 100 KG of peanuts.



Leached Leafy vegetables

Minimum 40-60% of your meal should consist of leached leafy vegetables and vegetable preparations.

Pulses

Only 5-10% of your meal should consist of pulses.

Cereals

Only rice and wheat should be consumed as it contains low levels of potassium. No more than 25-30% of cereals should be consumed in each meal as cereals contain 13-14% indigestible protein and 65 to 70% carbohydrates which will increase the creatinine level as well as glucose level in the body. No coarse grains should be consumed as it contains high level of potash. Coarse grains should be consumed as it contains high levels of potash.

Super cereals food

Consume more super cereals food.

Fish

Up to 20% Baked fish with herbs can be consumed in a meal as it supports in regeneration of the kidneys and other organs.

Chicken

Baked chicken can be consumed, however it should not constitute to more than 5% of the entire meal.

Spice Drink

This can be consumed to help with allergies, fever, cold and cough.

SUPER DIETS DIFFERENT RECIPES

1) How to Leach Vegetables ?

Vegetables and leafy vegetables should be immersed in water overnight, discard the water. Thereafter, wash the vegetables/leafy vegetables in hot water before use for Kidney patients- while preparing the vegetables/leafy vegetables preparations the water released from the vegetables /leafy vegetables should be removed.

Remember, raw vegetable juices are harmful for those suffering from Chronic Kidney Disorders.



2) FLAX DRINK

Flax seeds contain high levels of Omega 3 and, Omega 6 essential fatty acids and a substantial amount of Lignans. These essential fatty acids help in bolstering cellular metabolic and cellular respiratory activities, and lignans help in detoxifying the cells. One tablespoon of flax seeds, i.e. 15 grams and one table spoon flax oil, have a nutritional value equivalent to 100 kilograms of peanuts, or 6 kilograms of cashew nuts, or 1 kilogram of salmon fish. Adding 1 tablespoon of cold pressed flaxseed oil to flax drink, doubles its nutritional value.

Ingredients

Flax Seeds
1 tbsp (15 grams)
-
Cold Pressed Flax Seed Oil
1 tbsp (15 grams)
-
Curds (Yogurt)
100 grams

Preparation Guide

In a small mixer grinder or a coffee grinder, grind the flax seeds to a fine powder.

-
In a medium jar of a mixer grinder, add all the ingredients and give it a churn

-
Flax Seed Powder
Cold Pressed Flax Seed Oil
Curds/Yogurt

-
Do not mix water



- Drink the flax drink **within 15 minutes** of preparation
- **Do not consume the flax drink if you are allergic to it.**
- Generally, any forms of seeds will produce heat in the body as it contains oils. To help counteract this, drink buttermilk or pomegranate juice and/or eat salads, green gram, foods rich in vitamin c, fruits and vegetables.
- Only freshly made flax drink must be consumed, it should not be prepared and stored for later consumption.
- **DO NOT roast or heat flax seeds before consumption.**
- **DO NOT powder the flax powder and store it, flax seeds must be powdered just before consumption.**
- **Pregnant women and breastfeeding mothers must not supplement their diet with flax seeds, they must consume the flax drink under the consultation of a nutritionist.**

3) BANANA STEM JUICE

Banana stem is loaded with Vitamin B6. The taste of banana stem is bland with a slight bitter after taste. It helps in improving the overall health, assists with weight loss and people suffering from urinary tract infection, heartburn, cholesterol problems, constipation, acidity and ulcers. It helps in increasing the production of insulin and haemoglobin in the body, helps in retaining the muscle tone and helps in detoxifying the body. It also aids in the removal of calcareous deposits in the body such as kidney stones and gall bladder stones, and helps in preventing high blood pressure.



Ingredients

Banana stem
(100 gram for 50 to 75 ml of juice)

Recipe

Remove the outer layers of the banana stem.

-
After chopping the stem into roundels, do not remove the inner fibers (The inner fibers contain the most nutrition)

-
To avoid decolorization, soak the stems in buttermilk or in water with a few drops of lemon juice.

4) CORIANDER LEAF SOUP

Act like a water pills that is drains out excess fluid and salts

Ingredients

Coriander Leaves
100 grams
-
Garlic
15 grams
-
Ginger
15 grams
-
Green Chili
1
-
Onion
a small amount; about 5% of the soup
-
Tomato
a small amount; about 5% of the soup
-
Water
As required

Preparation Guide

Pound all the ingredients.
-
Add all the ingredients to a pot and boil the contents as required. (10 mts)



NOTE

While consuming this soup, the potassium levels in the body must be observed as the potassium levels should not go beyond the normal levels

5) GRAVIOLA POWDER

Graviola powder helps people who suffer from High Blood Pressure, Cancer, Liver Problems, Chronic Kidney Disease, Gastrointestinal Problems and Rheumatoid Arthritis.

Add 2.5 grams (1/2 teaspoon) with any of our health supplements or mix it with the flax drink, or it can be consumed as is by mixing it with a little water.



6) FERMENTED RICE

Supplements Vit B-12 and other micro and macro nutrients value with pro biotic nature

Fermented rice is a good source of prebiotics, it is rich in Vitamin B-12 and other nutrients. We recommend you to incorporate this into your diet. We recommend that you do not store the fermented rice after preparation, and that you only consume it freshly made

Ingredients

Boiled Rice
250 gms
-
Buttermilk
1 spoon

Preparation Guide

Add buttermilk to the boiled rice and store it overnight in room temperature. The fermented rice should be ready to consume the following morning



7) OILLESS FISH

(acts like a water pill and also supports in cell regeneration in kidney)

Ingredients

Fish
1 kg (cubed or as fingers)
-
Ginger
1.5 inch piece
-
Garlic Paste
1 full pod (all the pieces in the garlic)
-
Green Chilis
3
-
Coriander Leaves
1 fistful
-
Mint Leaves
Half Fistful
-
Lemon Juice
As required

Preparation Guide

Make a paste of all the spices and vegetables

Smear this paste on the fish pieces and marinate it for 15 mins

This can be cooked in two ways –

Method 1

Steam the fish for 15 to 20 mins

Method 2

Place the marinated fish in a tawa or griddle

Add two spoons of water and cook the fish by pressing the pieces with a spoon and cook on all sides on medium heat for 15 mts to 20



Preparation -Fish curry: Fry the paste with few drops of oil and after that add boiled water as per required curry consistency and place the washed fish and further boil it for 10 minutes or till it comes to boil. This curry can be eaten with rice or bread.

8) OILLESS MUSHROOM

(acts like a water pill and also supports in cell regeneration in Liver and other organs)

Ingredients



Mushroom
1 kg (cubed)
-
Ginger
1.5inch piece
-
Garlic Paste
1 full pod (all the pieces in the garlic)
-
Green Chilis
3
-
Coriander Leaves
1 fistful
-
Mint Leaves
Half Fistful
-
Lemon Juice
As required

Preparation Guide

Make a paste of all the spices and vegetables
-

Smear this paste on the mushroom pieces and marinate it for 15 mins
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This can be cooked in two ways-

Method 1

Steam for 15 to 20 mins

Method 2

Place the marinated mushroom in a tawa or griddle
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Add two spoons of water and cook the mushroom by pressing the pieces with a spoon and cook on all sides on medium heat for 15 to 20 minutes

9) CHICKEN CURRY

Ingredients

Chicken
1 kg (Deskinnd and cut into medium pieces)
Onion
1 (medium-sized and chopped)
Green Chillies
3 (chopped)
Ginger
1 inch
Garlic
1 pod (1 piece)

Coriander Leaves
2 tbsp (chopped)
Mint Leaves
1 tbsp (chopped)
Tomato
1 (chopped)
Pepper Powder
¼ tsp
Garam Masala
¼ tsp



Preparation Guide

Put all the spices and vegetables in a blender and make a paste of it, add a little water to adjust consistency
Smear this paste on the chicken and marinate it for 30 minutes

This can be cooked in one of two ways-

Method 1-

- Place the marinated chicken in a pressure cooker, do not add water to it.
- Close the lid and on a medium flame cook it for one whistle. (In other words, boil it for 20 to 25 minutes)
- Switch off the flame and wait for the pressure to normalize.

Method 2-

- Place all the chicken in a pan or a kadai.
- Place a lid on it and cook on a medium flame, add water to adjust consistency.

10) VEGETABLE / LEAFY VEGETABLE CURRY OR ANY KIND OF PREPARATION

Ingredients

Leached Vegetables
95 % -As required (Except green banana)

Pulses
5 (Except Red gram and horse gram)

Onion
1

Tomato
1

Coriander Paste
1 tbsp

Mint Leaves Paste
1 tbsp

Green Chili
3

Ginger & Garlic Paste
1 tbsp

Garam Masala
To taste

Turmeric Powder
¼ tsp

Water
400 ml or 2/3rd of all the ingredients



Preparation Guide

- Chop the chilis, onion and the tomato (remove the seeds from the tomato)
- Add all the ingredients in a pressure cooker
- Leached Vegetables/Leafy vegetables and pulses boil it and remove the water
- After that put all other ingredients of masala (spices) as mentioned in sl no 3 to 10 and boil it properly and give tadaka (tempering) with few drops of oil less than ½ tea spoon
- Do not add salt

11) SUPER CEREALS FOOD

Ingredients

Rice or Wheat
less than 20 to 25 %

Leached Vegetables
more than 60%

Chopped Onion
1

Coriander Paste
1 tbsp

Green Chili
3

Ginger and Garlic Paste
1 tbsp

Mint Leaves Paste
1 tbsp

Pulses
Should be less than 5 to 10% to of the recipe (any pluses except red gram and horse gram) separately cook and add to the preparations because the boiling point for pulses is more)

Curry Leaves
8-10 leaves

Garam Masala
One pinch

Turmeric Powder
¼ tsp

½ tea spoon ghee or cold pressed oil



Preparation Guide

- Rinse and wash the pulses, and Boil separately

- Put all the leached vegetables and other ingredients in a pressure cooker
- Cook on a high flame for 3-4 whistles or until the kichidi is cooked.(In other words, boil it for 20 to 25 minutes)

NOTE

- Cereals are having 14 to 15% of indigestible protein therefore the CKD patients should eat cereals less than 25%

12) SPICE DRINK

Spice Drink provides relief from cough, cold and fever. The medicinal properties present in this drink also helps with the digestion process and enhances body immunity.

Ingredients required to prepare 250 ml (8.5 fl. Oz.) of Spice Drink

Ginger
1 to ½ inch
Black Pepper
2.5 grams (0.10 Oz. or 1 teaspoon) (8 no)
Cloves
2.5 grams (0.10 Oz. or 1 teaspoon) (4 no)
Cardamom
2.5 grams (0.10 Oz. or 1 teaspoon) (1)
Cinnamon
2.5 grams (0.10 Oz. or 1 teaspoon)(1 inch)
Jaggery
2.5 grams (0.10 Oz. or 1 teaspoon) – For taste
Water
150 ml (8.5 fl. Oz.)



Preparation Guide

- Pound all the ingredients and boil it for few minutes
- Add the water in a pot along with the ingredients and bring to boil
- Once the solution comes to boil, bring down the flame and simmer for the next 5-10 minutes
- Pass the solution through a sieve store it in thermos

Consumption Guide

- Consume as recommended
- Else, drink it twice or thrice a day as required like tea