



**MOBYDOCTOR**

Life Saver on the move...

## DIABETIC RENAL DIET

DIET CHART (1500 KCL, 60 G PRO, 3GM SALT, K+ FREE 600ML FLUID) DIABETIC RENAL DIET

MORNING	6:00 A.M : SKIMMED MILK 100ML 10 BADAM (SOCKED IN WATER)
BREAKFAST	BOILED SPROUTS OR EGG WHITE -2, IDLY -2 / IDIYAPPAM – 2 / CHAPPATHI 2 / PUTTU (NO SUGAR) –1 CUP WITH ONION OR TOMATO CHUTNEY (1 GM SALT)
LUNCH	1) CHAPPATHI- 2 (1 KG WHEAT ; ¼ KG SOYA ; ¼ KG KOLLU ) OR 1 CUP RICE DHAL- 1 CUP (25 GM) 2) VEGETABLES 3) CURD- 50ML 4) APPLE, GAUVA, PINAPPLE, PEARS OR PAPPAYA –100GM 5) CHICKEN –50GM OR FISH-65 GM OR PANEER –70GM (1GM SALT)
EVENING	SKIMMED MILK –100ML (NO SUGAR) WITH SUNDAL –50GM (NO SALT)
DINNER	CHAPPATHI – 2 NOS. OR 1-CUP RICE WITH DHAL –50ML, CURD 50 ML, COOKED VEGETABLE –100GM

Diet control plays an essential part in the successful management of renal diseases/ The function of the kidney is to get rid of waste products and fluids. Since your kidney have lost part or most of it's ability, certain items in your diet must be controlled so that they do not build up in your blood.

### General Instructions:

- All foods should be cooked without salt.
- Only prescribed amount of food should be taken ( As given in your meal plan).
- Spices and condiments should be used in very limited quantity, as they are high in potassium.
- Pulses and legumes should be used in limited amounts.
- All vegetables and dhal should be cooked by the method of leaching given below:  
\*Boil the vegetables in excess amount of water for 2-3minutes and discard the water.
- Intake of fluids should be restricted to quantity prescribed by dietitian / physician which is inclusive of milk, buttermilk, sambar etc.
- Foods high in sodium and potassium listed below should be avoided.

### Foods high in sodium

- Salt, Ajinomoto, soda bicarbonate ( Aappa soda) and baking powder.
- Soft drinks and proprietary drinks like complan, horlicks etc.
- Papads, pickles, salted biscuits, chips.
- Instant mixes, soup cubes, commercial soups, dry fish and dry fruits.
- All canned and tinned foods, preservatives like sodium benzoate, citric acid etc.
- Salted cheese and butter.
- Commercial salad dressings and sauces.

### Foods high in potassium

Instant coffee, cocoa, chocolates, tea, brown sugar, spices and condiments.

### Fruits Low in Potassium

Apple, guava, pineapple, pears and papaya. Piece of low potassium fruits could be taken twice / thrice a week (based on your dietitian's prescription) only on dialysis day.



Choose Low Sodium And Potassium Vegetables

Potassium Content of Vegetables (100gms)

LOW (0-100 mg)	MEDIUM (0-100 mg)	HIGH (0-100 mg)
Fenugreek	Cabbage	Amaranth
Beetroot	Carrot	Drumstick
Radish-Pink	Onions	Leaves
Bottlegourd	Radish-white	Spinach
Ridge gourd	Bitter Gourd	Colocassia
Snake gourd	Brinjal	Sweet Potato
Chow Chow	Cauliflower	Potato
Broad Beans	French beans	Tapioca
Cucumber	Ladies finger	Yam
Field beans	Plantain	Green papaya
Knol-Khol	Flower	
Green mango	Pumpkin	
Peas	Green plantain	
	Green tomato	

#### FOOD EXCHANGE LIST

FOOD ITEM	AMT	CAL	PRO	NA+ Mg	K+ Mg	PHOS Mg
<b>CEREAL</b>	100g	340	6.4	9.2	144	272
<b>PULSES</b>	26g	100	6.4	8	204	100
<b>MILK</b>	200ml	134	6.4	146	280	180
<b>EGG</b>	1 med	85	6.4	39	48	245
<b>MEAT</b>	35g	68	6.4	23.4	53.1	58
<b>CHICKEN</b>	24g	26	6.4	15.4	59.5	55
<b>FISH</b>	32g	34	6.4	16	48.3	105
<b>PANEER</b>	35g	93	6.4	5	13	NK

\*Na+ - Sodium

K+ - Potassium

NK-not known

Free Foods:

Sugar, Honey, sago, bottlegourd & ashgourd halwa, unsalted butter, arrow root.

Please consult a dietitian for detailed and personalized advice.