

Renal Diet Manual

Smita Karan

MHSc, food and nutrition

Founder and mentor

Body N Health Education & Research Foundation

New Delhi 110016



Question: what is the function of kidney?

Answer: The **kidneys** perform many crucial **functions**, including:

1. Maintaining overall fluid balance.
2. Regulating and filtering minerals from blood.
3. Filtering waste materials from food, medications, and toxic substances.
4. Regulation of extracellular fluid volume.
5. The **kidneys** work to ensure an adequate quantity of plasma to keep blood flowing to vital organs.
6. Regulation of osmolarity.
7. Regulation of ion concentrations.
8. Regulation of pH.
9. Excretion of wastes and toxins.
10. Production of hormones.

Question: What is the first sign of kidney problems?

Answer: **Signs** and **symptoms** of acute **kidney failure** may include:

1. Decreased urine output, although occasionally urine output remains normal.
2. Fluid retention, causing swelling in your legs, ankles or feet.
3. Shortness of breath.
4. Fatigue.
5. Confusion.
6. Nausea.
7. Weakness.
8. Irregular heartbeat.

Question: What foods help repair kidneys?

Answer: **15 Healthy Foods for People with Kidney Disease**

1. Red bell peppers. 1/2 cup serving red bell pepper = 1 mg sodium, 88 mg potassium, 10 mg phosphorus.
2. Cabbage. 1/2 cup serving green cabbage = 6 mg sodium, 60 mg potassium, 9 mg phosphorus.

3. Cauliflower: 1/2 cup serving boiled cauliflower = 9 mg sodium, 88 mg potassium, 20 mg phosphorus
4. Garlic: 1 clove garlic = 1 mg sodium, 12 mg potassium, 4 mg phosphorus
5. Onions: 1/2 cup serving onion = 3 mg sodium, 116 mg potassium, 3 mg phosphorus
6. Apples: 1 medium apple with skin = 0 sodium, 158 mg potassium, 10 mg phosphorus
7. Cranberries: 1/2 cup serving dried cranberries = 2 mg sodium, 24 mg potassium and 5 mg phosphorus
8. Blueberries: 1/2 cup serving fresh blueberries = 4 mg sodium, 65 mg potassium, 7 mg phosphorus
9. Raspberries: 1/2 cup serving raspberries = 0 mg sodium, 93 mg potassium, 7 mg phosphorus
10. Strawberries: 1/2 cup serving (5 medium) fresh strawberries = 1 mg sodium, 120 mg potassium, 13 mg phosphorus
11. Cherries: 1/2 cup serving fresh sweet cherries = 0 mg sodium, 160 mg potassium, 15 mg phosphorus
12. Red grapes: 1/2 cup serving red grapes = 1 mg sodium, 88 mg potassium, 4 mg phosphorus
13. Egg whites: 2 egg whites = 7 grams protein, 110 mg sodium, 108 mg potassium, 10 mg phosphorus
14. Fish: 3 ounces wild salmon = 50 mg sodium, 368 mg potassium, 274 mg phosphorus
15. Olive oil: 1 tablespoon olive oil = less than 1 mg sodium, less than 1 mg potassium, 0 mg phosphorus

Question: What food should be avoided in kidney problem?

Answer: 17 foods to avoid if you have bad kidneys:

1. Dark-colored soda
2. Avocados
3. Canned foods
4. Whole wheat bread
5. Brown rice
6. Bananas
7. Dairy
8. Oranges and orange juice
9. Processed meats
10. Pickles, olives, and relish
11. Apricots
12. Potatoes and sweet potatoes
13. Tomatoes
14. Packaged, instant, and premade meals
15. spinach, and beet greens
16. Dates, raisins, and prunes
17. Ready-to-eat snack foods like Namkeen, chips, and munching

Diet in Kidney problem (Sample diet)

Breakfast:

Food Type	Quantity	Food example
Liquid	1cup	Tea
Grain	50g	Dalia
Grain	1 slice	Bread
Oil	1 Table spoon	Sunflower
Butter	25g	Salt free
Protein	1 piece	Egg

Lunch:

Food Type	Quantity	Food example
Liquid	1 cup	Butter milk plane
Grain	60g	Rice
Vegetable	125g	Seasonal Veg.
Fruit	100g	Seasonal fruit

Brunch:

Food Type	Quantity	Food example
Liquid	1cup	Tea
Grain	25g	Arrowroot biscuit
Grain	25g	Sabudana snack

Dinner:

Food Type	Quantity	Food example
Grain	40g	Arrowroot Chapati
Vegetable	125g	Seasonal Veg.
Vegetable	50g	Potato curry
Sweet	25g	Sabudana kheer

Please Note:

1. Fruits in day time should be as per the daily potassium requirement.
2. Vegetable in diet as per the daily phosphorus requirement.
3. Slat intake in a day should be as per the daily sodium requirement.
4. Liquid intake in a day should be as per the daily urine output.

Body N Health Education & Research Foundation, New Delhi - 110016

<https://BodyNHealth.org>

What's App +91 9811575311 Telegram chat ID: @BodyNHealth