

WEEKLY RENAL DIET CHART

Sunday	
Breakfast (8:00-8:30AM)	1 cup Vangibath+1 cup toned milk/ 1 cup tea (100ml)
Mid-Meal (11:00-11:30AM)	1 apple (100gm)
Lunch (2:00-2:30PM)	1 cup rice+2 chapathi+1/2 cup snake gourd dal(red gram dal leached in hot water for 2 hours)+1/2 cup cabbage(leached) sabji+ 1/2 cup curd
Evening (4:00-4:30PM)	1 cup puffed rice (murmura)+ 1 cup toned milk/tea (100ml)
Dinner (8:00-8:30PM)	1 cup rice+1/2 cup cabbage(leached) sabji
Monday	
Breakfast (8:00-8:30AM)	1 cup capsicum rice+1 cup toned milk/ 1 cup tea (100ml)
Mid-Meal (11:00-11:30AM)	1 pear (100gm)
Lunch (2:00-2:30PM)	1.5 cup rice+1/2 cup lauki dal(red gram dal leached)+1/2 cup bhindi(leached) sabji+ 1/2 cup curd
Evening (4:00-4:30PM)	1 cup toned milk/tea (100ml)+ 4 biscuits
Dinner (8:00-	1 cup rice+ 1/2 cup bhindi(leached) sabji

8:30PM)	
Tuesday	
Breakfast (8:00- 8:30AM)	3 rice dosa+1/2 cup sambhar(100ml)(red gram dal-leached, onion, ladies finger, bottle gourd)+1tsp tomato chutney+1 cup toned milk/ 1 cup tea (100ml)
Mid-Meal (11:00- 11:30AM)	4 Jambu fruits/ strawberries(small)
Lunch (2:00- 2:30PM)	1 cup rice+2 chapathi+1/2 cup mix veg sambhar(leached (red gram dal,ladies finger, bottle gourd), onion)+ 1/2 cup lauki sabji+ 1/2 cup curd
Evening (4:00- 4:30PM)	3 Cracker biscuits+ 1 cup toned milk/tea (100ml)
Dinner (8:00- 8:30PM)	1 cup rice+ 1/2 cup lauki sabji
Wednesday	
Breakfast (8:00- 8:30AM)	4 rice Idly+ 1/2 cup sambhar (100ml)(red gram dal-leached, onion, ladies finger, bottle gourd)+1 tsp methi chutney+1 cup toned milk/ 1 cup tea (100ml)
Mid-Meal (11:00- 11:30AM)	Pineapple (100gm)
Lunch (2:00- 2:30PM)	1 cup rice+2 chapathi+1/2 cup ridge gourd sabji+1/2 cup methi dal(both methi and red gram dal leached)+ 1/2 cup curd
Evening (4:00- 4:30PM)	1 cup toned milk/tea (100ml)+ 4 biscuits
Dinner (8:00- 8:30PM)	1 cup rice+1/2 cup ridge gourd sabji
Thursday	
Breakfast (8:00- 8:30AM)	1 cup vermicelli upma+1 cup toned milk/1 cup tea(100ml)
Mid-Meal (11:00-	Musk melon (100gm)

11:30AM)	
Lunch (2:00-2:30PM)	1.5 cup rice+ 1/2 cup capsicum(leached) sabji+ 1/2 cup ridge gourd dal(red gram dal leached)+ 1/2 cup curd
Evening (4:00-4:30PM)	1 cup poha (rice flakes)+ 1 cup toned milk/tea (100ml)
Dinner (8:00-8:30PM)	1 cup rice+ 1/2 cup capsicum(leached) sabji
Friday	
Breakfast (8:00-8:30AM)	3 chapathi+ capsicum curry-1/2 cup+1 cup toned milk/ 1 cup tea (100ml)
Mid-Meal (11:00-11:30AM)	papaya (100gm)
Lunch (2:00-2:30PM)	1 cup rice+2 chapathi+brinjal(leached) sabji+1/2 cup tomato dal(green gram dal leached)+ 1/2 cup curd
Evening (4:00-4:30PM)	1 cup toned milk/tea (100ml)+ 4 biscuits
Dinner (8:00-8:30PM)	1 cup rice+ brinjal(leached) sabji
Saturday	
Breakfast (8:00-8:30AM)	1 cup tomato rice + methi chutney- 2 tsp+1 cup toned milk/ 1 cup tea (100ml)
Mid-Meal (11:00-11:30AM)	1 small wedge(100gm) watermelon
Lunch (2:00-2:30PM)	1.5 cup rice+1/2 cup mix veg sambhar (leached(red gram dal),ridge gourd, snake gourd, bottle gourd)+1/2 cup ivy gourd (parmal) sabji+ 1/2 cup curd
Evening (4:00-4:30PM)	1 cup toned milk/tea (100ml)+ 4 biscuits
Dinner (8:00)	1 cup rice+ 1/2 cup ivy gourd sabji

Do's And Dont's

Do's:

1. Limit your fluid intake (including drinking water and other liquids in diet) as per the doctor's advice.
2. Do use foods high in potassium (green leafy vegetables/ pulses) after leaching process.
3. Keep a diary for the foods that can be consumed, avoided and limited.

Don'ts:

1. Avoid sodium rich foods, processed, canned foods, foods containing preservatives.
2. Avoid foods rich in phosphorus (all protein foods are rich in phosphorus) such as meat, chicken, legumes and pulses, dairy products, nuts.
3. Avoid high potassium foods that cannot be leached such as banana, mango, coconut water, avocado, potatoes(white & sweet), yoghurt, whole milk, pumpkin, beans, fish, tomato sauce, beet root, chillies)
4. Avoid sugary foods, sweets and other snacks that contain high amounts of sodium and potassium.

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