

DAILY RENAL DIET PLAN – A Guide for Better Protection of Kidneys

Meal	Diet
	<p>Total Calories: 1905 kcal.</p> <p>Carbohydrate: 269 gm. (55%)</p> <p>Protein: 88 gm. (18%)</p> <p>Fat: 58 gm. (27%)</p>
<p>Breakfast 7:30 A.M.</p>	<ul style="list-style-type: none"> • 1 cup of coffee with half cup fat free or 1% milk • 2 Slices of whole wheat or multi grain toast • 2 tsp. of Margarine <p>OR</p> <ul style="list-style-type: none"> • 2 small Idlis OR • 1 cup of cracked wheat upuma with 2 Tbsp. of tomato /veg or dhal chutney
<p>Snack 10:30 A.M.</p>	<ul style="list-style-type: none"> • 1 Fresh fruit (a small apple) • 250 ml diluted buttermilk (half cup low fat yogurt and half cup water)
<p>Lunch 12:30 P.M.</p>	<ul style="list-style-type: none"> • One and half cups of Brown rice OR • 2 Small rotis with half cup of brown rice • 1 Cup Sambhar or dhal • 1 Cup Rasam • 1 cup green beans curry • Shredded Carrot Salad with lemon juice • Half cup fat free yogurt • 1 small roasted pappad/appalam • 2 teaspoon oil in cooking
<p>Afternoon coffee 4 P.M.</p>	<ul style="list-style-type: none"> • Half cup dry cereal mix (made with puffed rice, puffed wheat and ~6 peanuts or ~4 cashews) • 1 Cup coffee with fat free milk

Dinner 7:30 P.M.	<ul style="list-style-type: none">• 1 cup cooked brown rice or cracked wheat• 90 grams of fish or white meat chicken (Non vegetarians) OR• 1 cup whole gram dhal or chick peas sundal• 1 cup spinach curry (dry or wet)• 1 cup Raita with grated cucumber (half cup low fat yogurt and half cup cucumber)• 2 teaspoon oil in cooking
Snack 9:30 P.M.	<ul style="list-style-type: none">• 1 Kiwi or small orange• 4 walnuts or 12 peanuts

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