

PREFERABLE DIETARY GUIDELINE FOR CHRONIC KIDNEY DISEASE (CKD) PATIENTS



Follow this
to protect
Your
**KIDNEYS
NATURALLY**

**Foods that
Strengthen
Kidney
Functions**

Chaulai Saag
Preparations

Kamal Kakri

Only 700 ml of
Fluids permitted
per day.

**NO FRUIT & VEGETABLE
JUICE ALLOWED**



It is a general
guideline
and not a
substitute
for dietary
advice
from doctor/
dietician.
Moreover, in
conditions
of elevated
blood level
of potassium,
phosphates,
purines etc.
and patients
on dialysis-
individualised
dietary
consultation
needs to be
sought.



Issued in
public
interest by :
NEERI KFT



- × Soft Drinks
- × High protein diet
- × Protein Supplements
- × Alcohol & smoking

- × **BAKERY PRODUCTS**
due to presence of
baking powder
- × Commercial cheese
- × Soya milk
(due to high potassium)

- × Chutneys × Pickles
(due to high amount
of salts & preservatives)

- × Chocolates
- × Chocolate drinks
(due to high oxalate content)
- × Avoid Junk Foods

- × **COMBINATION TO BE AVOIDED**
- × No two types of protein together,
either have dal or white meat
- × Curd not allowed with chicken
100 gm of curd allowed only
with dal

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