

KIDNEY DISEASE



PATIENT DIET



▶ DIET TIPS FOR KIDNEY PATIENT

Human body needs energy to be alive and work normally, it will get through nutrient i: e carbohydrates, fats, proteins. Minerals and vitamins. A healthy diet is required to help the body to fight against foreign particle which can prevent from the disease.

A balance food is very important to achieve maximum health benefit, which can be get through bread, rice, Vegetables, fresh fruits, dry fruits, Non –Veg, Milk and their product.

Good Diet is Very essential for being healthy whole life. It's the good nutrition only which builds up a healthy and strong human system. If you are suffering from Kidney disease then your immune system might got weak, the diet tips given below helps you to chose that what is safe to eat and what's not. These Diet guidelines should be followed by patient to make their health better as well as trying to stop the progression in their disease.

VEGETABLES:-

- CABBAGE
- CAULIFLOWER
- PUMPKIN
- ONION
- GARLIC
- CARROT
- EGGPLANT
- OKRA
- FENUGREEK LEAVES
- CAPSICUM
- BELL PEPPER
- GREEN PEAS
- POTATOES
- BROCOLI
- TURNIP
- BOTTLE GOURD



FRUITS:-

- PINEAPPLE
- APPLE
- POMEGRANATE
- APRICOTS
- PEARS
- PEACHES
- PAPAYA
- OLIVES
- BAMBOO SHOOTS

GRAINS/LEGUMES:-

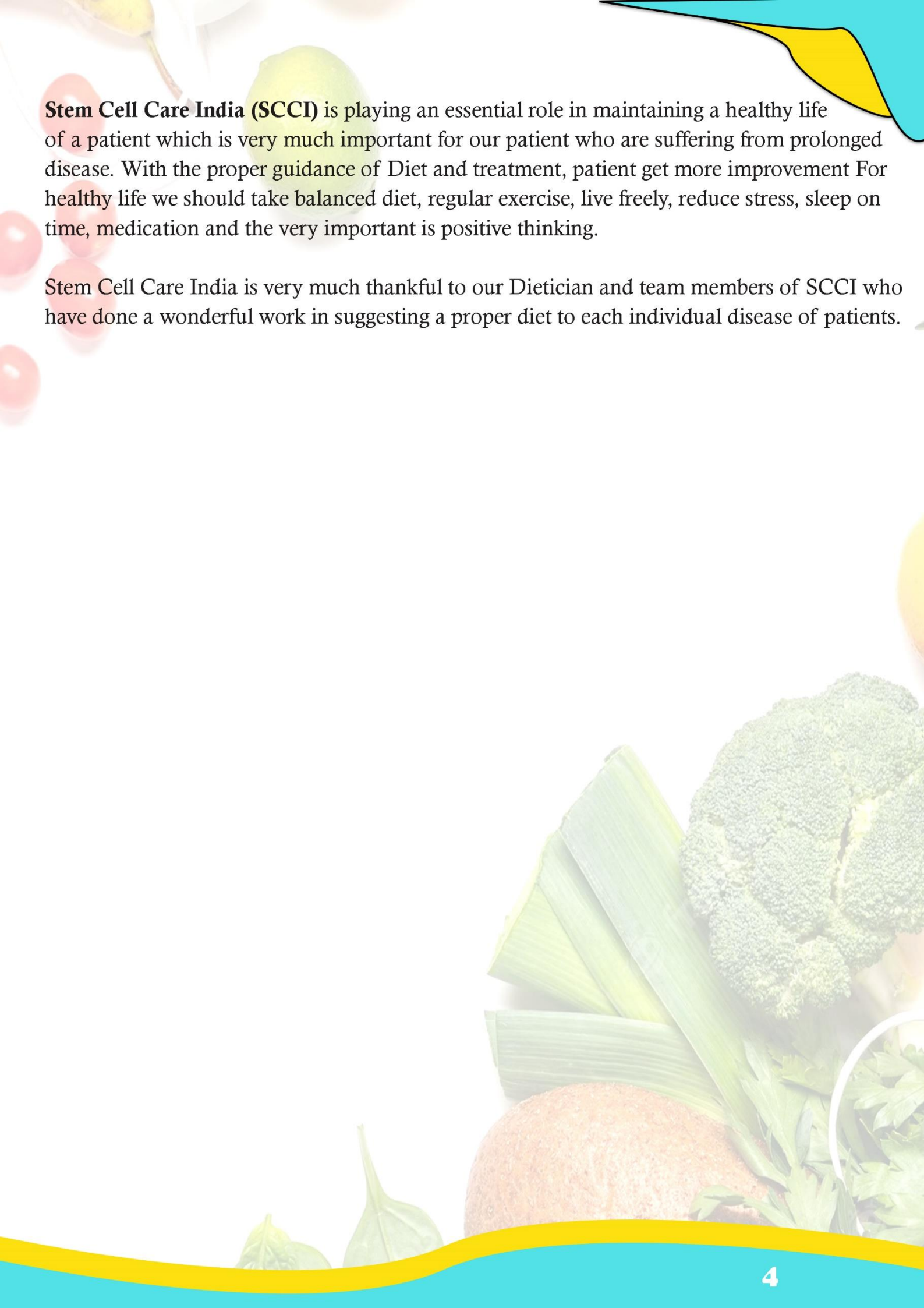
- CORIANDER
- FENUGREEK/METHI
- BAY LEAVES
- MINT
- BLACK PEPPER
- CARDAMOM
- SUNFLOWER OIL
- OLIVE OIL

SPICES/HERBAL FOODS:-

- GREEN GRAM (MOONG DAAL)
- PINK LENTIL (MASOOR KI DAAL)
- LENTIL DAL

OTHER FOOD ITEMS:-

- MILK – LOW FAT
- WHEAT
- RICE
- SABUDANA KHEER
- MUNGDAAL KHICHARI

The page features a decorative background with various fruits and vegetables. In the top left, there are red tomatoes and a green lime. In the bottom right, there is a large head of green broccoli, a bunch of green asparagus, and a whole orange. The page is framed by a yellow and blue wavy border at the top and bottom.

Stem Cell Care India (SCCI) is playing an essential role in maintaining a healthy life of a patient which is very much important for our patient who are suffering from prolonged disease. With the proper guidance of Diet and treatment, patient get more improvement For healthy life we should take balanced diet, regular exercise, live freely, reduce stress, sleep on time, medication and the very important is positive thinking.

Stem Cell Care India is very much thankful to our Dietician and team members of SCCI who have done a wonderful work in suggesting a proper diet to each individual disease of patients.



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