

## **Dietary guidelines for Asian people with kidney disease**

In the UK, "Asian" is generally taken to refer to all those people who originate from the Indian sub-continent i.e. India, Pakistan and Bangladesh. There is slight variation between Indian, Bangladeshi and Pakistani diets but also great similarities. This is a guide to how you can continue enjoying traditional foods, while still following a 'kidney friendly' diet.

### **Some general tips**

It is important that your diet is low in potassium, phosphate and salt as the kidneys can struggle to pass them in your urine. The following tips may be helpful:

#### **Vegetables**

- Two portions per day are allowed – A portion is equal to: two heaped tablespoons or one cereal bowl sized salad.
- All vegetables and potatoes need to be boiled in water and the water thrown away, even before adding into curries.
- Vegetables such as aubergines, bitter gourds (karela), valor (beans), okra, spinach and dodi are high in potassium and should be eaten only once or twice a month.
- Tinned beans and vegetables are high in salt and should be drained and washed in water before adding to cooking.
- Try to limit the amount of tomatoes used to make curries e.g. 1-2 large or 6-8 cherry tomatoes per pot of curry or try using tinned tomatoes (1 tin per pot).

#### **Salads**

- A small green side salad (without tomatoes and mushrooms) can be eaten at one of your meals during the day instead of vegetables.

#### **Fruit**

- Two portions of fruit are allowed daily - A portion is equal to one apple, pear or kiwi/ one slice of pineapple / two small fruits such as plums, or satsumas / one cupful of berries / two - three tablespoons of fruit salad/stewed/tinned fruit.
- Avoid banana, avocado, coconut, guava, papaya, melon, passion fruit, oranges, mango, dried fruit, pomegranate and jackfruit as they are all high in potassium.

#### **Eggs**

- Up to 3-4 a week are allowed (boiled, scrambled, poached, omelette or in a curry)

#### **Dairy products**

- Allowed each day - ½ pint of milk **or** a ¼ pint milk plus a small yoghurt (150g)
- Choose semi-skimmed or skimmed milk as they contain less fat than the regular full-cream milk. Avoid powdered, condensed and evaporated milks.
- Homemade yoghurt should be included in your daily dairy allowance
- Yoghurt used in curries, cheese, paneer, batura or lassies and raita all need to be included in your dairy allowance.

#### **Protein foods**

- Chicken, mutton, lamb and other fresh meats are all suitable. Choose the less fatty cuts of meat.
- Avoid dried salted fish and fish with small bones e.g. sardines, pilchards
- Moong, urad, toor, mesur, chenna, chick peas, black eyed peas, kidney beans are all vegetable sources of protein. They should be eaten with rice or chappati instead of potatoes to cut down on the amount of potassium.



### Drinks

- Water, tea, squashes or fizzy drinks are all allowed (try to choose the light/low sugar versions and avoid having cola).
- Avoid pure fruit juices, pure vegetable juices, malted drinks and hot chocolate, sarbat, and lassi.

### Cooking methods

- Don't add nuts to your dhal/curry/rice dishes (unless you are vegetarian)
- Use a small amount of fresh herbs on meals after cooking for flavouring e.g. parsley, coriander, mint or basil.
- Try rice flour instead of gram flour and besan (chickpea) flour to make poppadoms/ bhajis, kudhi and raita.
- Replace ghee with vegetable oil/margarine (olive, sunflower, soya, rapeseed)
- Cut down on the amount of oil added to curries.
- Boxed spices (e.g. biriyani) and curry pastes can contain a lot of salt and make you thirsty, so try to use less of these.
- Cut down the amount of salt you use. Try to only use a very small amount in cooking e.g. ¼ teaspoon for 4 people. Do not add any at the dinner table.

### A quick reference guide:

	<b>Foods to enjoy</b>	<b>Foods to avoid</b>	<b>Changes that can be made</b>
<b>Carbohydrates</b>	Naan, Thelpa, Chapatti/Roti, plain/basmati rice, noodles/pasta	Batura, Puri, Pilau rice, Dal khichdi	Parathas – use only a small amount of oil
<b>Curries</b>	Takara Dal, Kadhi curry. Chickpeas, Tindora, Muttar	Green (moong) Dal, Spinach bhaji, Sag paneer, mango pulp	Aloo curry – boil potatoes first
<b>Indian Snacks</b>	Paneer, Chilli paneer, Papdi	Pakora, Bhajia, Patra (aluchya vadya), papad (Papadum)	Samosa/Bhaji – boil veg first & avoid potatoes
<b>Indian Savouries</b>	Chakri, Farsi puri	Chivda, Gathia, Sev, Muthia, Bombay mix	
<b>Indian sweetmeats</b>	Satta, laddoo, Jalebis	Gulab jamun, Penda, Burfi, Magas	Seviaan – use milk from allowance
<b>Other</b>		Kheer (rice pudding with nuts)	

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