

Dietary guidelines for Caribbean people with kidney disease

This is a guide on how you can continue enjoying traditional foods, whilst following the dietary advice already received for your kidney disease.

In general

Vegetables

- Two portions (1 portion = 2 tablespoons) a day.
- All vegetables need to be pre-boiled in water and the water discarded before adding the vegetables to one-pot meals, stews and soup.
- Cassava, yam, sweet potato, dasheen, breadfruit, plantain, green banana and coco yam (provisions) should also be boiled before used in dishes or fried. Limit the intake of these vegetables to one average portion, 6 oz (180g) per day. When having it fried, limit to 2 – 3 oz (60 – 90g) for example 4 slices as a side portion with a rice dish.
Plantain and green banana are particularly high in potassium:
6 oz (180g) boiled = 17 – 18 mmol potassium. Sweet potato or yam:
6 oz (180g) boiled = 13 mmol potassium.
- Tinned beans and vegetables are high in salt and should be drained, rinsed and then have freshwater added before cooking.
- Try and halve the amount of tomatoes used to make one-pot meals, stews and soup. As a guide: if cooking with tinned tomatoes drain the juice and use only 200g tomatoes.
- Avoid the use of vegetable juice, such as carrot juice.





Fruit

- Two portions, for example 1 medium sized apple or pear or 1 slice pineapple or 8 strawberries or 2 satsuma's, per day.
- Limit the use of tropical and citrus fruits such as mango, melon, coconut, kiwi and orange.
- Avoid banana, fruit juice, coconut cream and coconut milk.

Milk and dairy products

- 300 ml milk per day.
- 3 – 4 oz cheese per week.
- Avoid canned milk such as condensed milk and evaporated milk, rather use fresh milk or long life (UHT) milk.

Protein foods

- Meat, lamb, chicken, beef, goat, bush meat or fresh fish are suitable.
- Pulses such as peas and beans added to the diet via stews and one-pot meals are suitable. A smaller meat, fish or chicken portion (2 – 3oz or 60 – 90g) can be eaten when pulses form part of the meal.
- Avoid fish that is salted, dried or fried and fish with soft edible bones.
- Avoid snacking on nuts and seeds.

Starchy foods

- This can form the main part of the meal.
- Rice, pasta, bread, hard dough, corn and cornmeal are suitable.
- Plain unsalted cream crackers may be eaten.
- Have starchy fruit and vegetables as discussed under the vegetable section.



Cooking methods

- Use a small amount of oil in cooking. Use vegetable oil instead of ground nut, coconut or palm oil. Limit fried foods if you are trying to lose weight.
- Aim to add as little salt as possible, a pinch of salt in cooking only.
Remember that seasonings such as soya sauce, pick-a-pepper sauce and jerk seasoning are salt based seasonings. Instead of these you could use garlic, mixed herbs and ginger.
(A “No Added Salt” diet is recommended).
- Use more lemon juice and fresh herbs to marinate meat, fish and chicken.
- Yam, green banana or plantain that are pounded, baked or added raw to soups and stews result in the potassium content of the cooked dish being too high. Avoid the use of these, unless they are boiled beforehand. For example fu-fu flour can be made from plantain, cassava or maize; rather use the flour made from maize.
- One-pot meals: Before adding the vegetables boil them separately and then add to the meat and dumplings (preferably made from wheat flour).
If adding beans, soak and rinse these beforehand.
- Rice and peas: Cook the peas and pulses separately and rinse before adding to the rice.
If using tinned peas, first rinse with fresh water.
- Salt fish: Soak overnight, soak again for two hours and rinse in large volumes of water and boil in fresh water. Limit salt fish to a small portion, 2 – 3 oz (60 – 90g), once a week only.



Top Tips for Caribbean Diets

1. Decrease your portion of starchy provisions - yam or plantain or cassava, sweet potato, potato, green banana and dasheen to one medium portion per day. Preferably boil this before eating.
2. Rice, pasta, bread, hard dough and bun are suitable.
3. Boil all vegetables separately, including the starchy ones, before adding to stews, soup or one-pot meals.
4. Decrease the amount of tomatoes used in stews, soups and one-pot meals.
5. Avoid all tinned milks.
6. Avoid the use of creamed coconut and coconut milk.
7. Use fresh fish more often than salt fish. After soaking salt fish overnight, soak again for two hours and rinse in large volumes of water before boiling it in fresh water.
8. Limit the intake of salted and processed fish or meat to small quantities for example for a snack meal. Remember take-aways are high in salt.
9. Avoid eating nuts or seeds either as snacks or added to foods.
10. Decrease the amount of fried foods you eat and try to bake, boil or grill meats.
11. Decrease your intake of tropical fruits to small portions only.
12. Avoid punch, fruit and vegetable juices for example sorrel and mauby.



Commonly used foods

Suitable	Avoid	Suggested changes
Dairy: milk, cheese, yoghurt - refer to dietary guidelines received.	All canned milks	Long Life (UHT) milk Soya Milk
Vegetables: cho-cho, canned callaloo, canned okra, hot peppers, carrots cabbage, swede, turnip, callaloo. One boiled portion of either green banana, plantain, yam, dasheen, sweet potato per day.	Fresh okra	Boil all fresh or frozen vegetables separately before use.
Fruit: pineapple, apple, pear, plums, lemon, lime, satsuma.	Paw-paw, guava, mango, banana, star fruit, jackfruit, guinep, jelly coconut	
Starchy food: boiled rice pasta, bread, hard dough cornmeal porridge, boiled dumpling.	Bammie (cassava bread). Festival (eat per occasion) Fu-fu is not suitable if made with plantain or cassava flour. Roti – (Dal-puri).	Rather boil than fry the dumplings. Use wheat flour. Have plain roti made with wheat flour.
Dishes: Fresh or frozen fish. Fu-fu (made with wheat flour). Fish fritters or fish cake.	Coo-coo: use canned okra Rice and peas if made with coconut milk. Fu-fu if made with plantain or cassava flour. Escoveitched fish. Jerk chicken or pork. Curried goat.	Use fresh fish rather than salt fish - see cooking methods. Use alternatives to high salt seasoning or use a small amount only and do not add extra salt.



Suitable	Avoid
<p>Snacks: biscuits and cakes. Pattie, if home made you can limit salt and boil the vegetables. NB: to lose weight, limit snacks.</p>	<p>Chocolate, cashew nuts, almonds, watermelon, pumpkin and sesame seeds. Fruit cake.</p>
<p>Drinks: Bush tea. Cordial or squash (syrup). Wash (if made with lime). Sarsaparilla (boiled bush with ginger and sugar added).</p>	<p>Punch, fruit and vegetable juice. Milk-based energy or malt drinks. Soursop. Irish moss. Nourishment and Nutriment. Drinking Chocolate</p>

Please note: Always use the dietary information you have already received for the kidney disease together with this table.

