

Guidelines for West African Diets

Traditional African diets vary considerably, however there are similarities in certain food groups and cooking methods. This list is a guideline only as to how you can continue enjoying Traditional foods whilst still following a diet that is safe for people with chronic kidney disease.

Top tips for West African diets

1. Decrease your portion of yam, plantain and potato to one medium portion (5-8 oz) per day
2. Rice and bread are suitable and don't need to be restricted
3. Boil all vegetables and potatoes and throw the water away before adding the vegetables and potatoes to stews
4. Decrease the amount of tomatoes used in stews
5. Use less palm oil or try sunflower, corn or groundnut oil as an alternative
6. Avoid tinned milks (evaporated, ideal or condensed milk)
7. Decrease dried and salt fish
8. Avoid eating nuts and seeds (eaten as a snack or added to food)
9. Decrease amount of fried foods you eat and try to bake, boil or grill your meats
10. Decrease the intake of tropical fruits and fruit juices



Some general tips:**Protein**

- Meat, lamb, chicken, beef, goat and fresh fish are suitable
- Avoid salt or dried fish and fish with soft edible bones
- Prawns and shrimps should only be used once or twice a month
- Black-eyed beans, peas and other pulses are a vegetable source of protein and can be included in your diet. Try to combine with rice or bread rather than potatoes to decrease the potassium content of the meal.
- Avoid seeds (egusi) and ground nuts (peanuts etc)
- You may include 3-4 eggs per week as long as they are boiled, scrambled or poached

Carbohydrates

- Rice, kenkey, macaroni and spaghetti are suitable
- You are allowed one medium portion of boiled yam or plantain or potato or cassava per day. (If you are still hungry have extra bread or rice)
- Fufu made from maize can be included
- Avoid farina as it is high in potassium

Fruit and Vegetables

- You are allowed 1-2 fruits per day
- Avoid banana, mangoes, paw paw, watermelon
- Pineapple, small oranges and grapefruit are suitable (refer to the *Low Potassium* dietsheet for a more detailed list)
- All vegetables need to be boiled and the water thrown away before adding them to the stew
- Decrease the amount of fresh or tinned tomatoes used in the stew
- Avoid spinach and okra as they have a high potassium content
- Bitter leaf, peppers, tinned okra and pumpkin are allowed

Dairy

- You are allowed half a pint of milk per day
- Avoid tinned milk such as condensed and evaporated milk

Snacks

- Suitable snacks include:
 - Boiled, roasted, fried corn – KoKora, Aadun
 - Meat kebabs – kyinkyinga or suya
 - Bofrot
 - Atwemo – sweet or savoury
- Snacks to avoid include:
 - Tartare, and kelewele
 - Plantain crisps



Salt and seasonings

- Only use a pinch of salt in cooking.
- Avoid marinades which have salt, fresh chilli or paste.
- Use lemon juice, garlic, fresh herbs or mild spices instead of the above.

