



***Sprint Medical***

## **Diet plan for Kidney patients (1600 calories, 40 gm protein)**

### **Early morning:**

Tea- 1 cup (15 ml toned milk)

Sugar- 1 tsp

Ragi/oats biscuit- 2 in no.



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### **Breakfast:**

- Toned milk- 1 cup (200 ml)
- Sago/ cornflakes/ oats/ daliya/ suji upma (20 gm)/ idli/dosa/ whole wheat bread (1 slice)/ roti (1)
- Egg white (2)/ paneer/ soyapaneer (40 gm)
- White butter/ refined oil- 1 tsp (5 gm)
- Sugar (1 tsp)





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**Mid morning:**

Apple/ pear/ papaya/ guava/ jamun/  
pineapple/ orange/ strawberries/  
cherries/ berries (100 gm)





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### **Lunch:**

- Rice (40 gm) + 2 chapatti (40 gm)
- Half bowl dal- moong dhuli/ arhar/ malka (15 gm)
- Seasonal vegetables (100 gm), **no plak, no green leafy vegetables**
- Salad (**no raw tomato**)
- Curd, half small bowl (100 gm)
- Oil- 1 tsp (5 gm)
- If you want to eat non-veg, then replace dal and curd with 50 gm of white meat.



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### **Tea/ Sham Ka nashta**

- Tea- 1 cup (15 ml skim milk)
- Suji upma/ poha/ unsalted pop corn/ marie biscuit- 2 in no.
- Sugar- 1 tsp





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### **Dinner:**

- Two chapatti (40 gm)
- Seasonal vegetables and potato (150 gm)
- Dal- half bowl (15 gm)- moong dhuli/ malka/ arhar OR paneer (15 gm)
- Curd (100 gm)
- Salad (no raw tomato)
- Oil- 1 tsp (5 gm)





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**Before Bedtime:**

- Milk (100 ml)
- Sugar (1 tsp)
- Marie biscuit/ragi/oats biscuit (1)



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### **Foods to be avoided:**

- All tinned products (horlicks, compla, bournvita etc.)
- Alcohol
- Sugar free
- Pickles in oils
- Extra milk and milk products
- Extra meat, fish, chicken and egg
- Extra pulse and legumes
- Dry fruits and nuts
- Fruit juices, squashes, soft drinks, alcoholic drinks
- All baked products

