

Foods to Avoid During the Treatment Period

- i. Salt :** Limit salt intake to less than 1 gram per meal. It is recommended to use a 1-gram salt sachet to control intake.
- ii. Water :** Patients with kidney disease or liver cirrhosis should limit water consumption, including that in food, to less than 1 liter per day.
Patients with ascites and edema should also limit water consumption to less than 1 liter per day, including that in food.
- iii. Sweets :** Avoid all sweets.
- iv. Oils and Fats :** Avoid oils and fats in food except for flaxseed oil used in flax drink preparation. Additionally, ½ teaspoon of oil or fat can be used for tempering (tadka or vaggarane).
- v. Milk and Dairy Products :** Avoid milk and milk-based products (except curd/yogurt without cream).
- vi. Processed and Fried Foods :** Do not consume bakery products or processed foods.
- vii. Lentils :** Avoid red gram and horse gram.
- viii. Pulses :** Limit green gram, chickpeas (Bengal gram), cowpeas, and beans to no more than 5% of your diet. Boil them and discard the water before consumption.
- ix. Coarse Grains:** Avoid millets and minor millets.
- x. Cereals :** Limit rice and chapati to less than 25% of the meal. Excess consumption increases creatinine, urea, and uric acid levels due to indigestible proteins (4 to 13%) and raises blood sugar levels due to the high carbohydrate content (70%).
- xi. Beverages :** Avoid alcohol, aerated drinks, fruit juices, tender coconut water, and coconut milk. (Leached raw vegetable juice and banana stem juice in limited quantities are permissible.)
- xii. Bananas :** Avoid banana fruits (banana stem juice is beneficial). Other fruits can be consumed in unlimited quantities.
- xiii. Meat :** Do not consume mutton, beef, pork, or skinned chicken.