

Basic principles for preparing food for Kidney Diet (Recommended: family members should adopt this food for patients' fast recovery).

a. Leafy Vegetables Preparation: Mix various leafy vegetables such as spinach, fenugreek leaf vegetable, Moringa or any other type of leafy vegetables (soppu in Kannada, saag in Hindi) with tomatoes, potatoes, ginger, garlic, green chillies, coriander leaves, & spices, excluding salt. Cook all the ingredients & separate the stock released from the preparations. Add tadka/vaggarane with 1/2 a teaspoon of ghee or butter. Family members can add salt after taking out of the required quantity of the preparations for the patients. Patients can add 1 gm salt (optional) as garnish for taste (We advise 1 gram salt per meal as garnish to your meal just for taste). Nephrologist and Dieticians may advise you to stop consuming leafy vegetables such as spinach but we HIGHLY advise you consume them because leafy vegetables are rich in calcium, minerals, micro & macro nutrients, less in protein & fibers, which helps reduce the appetite which help patients consume less rice & wheat. Eating leafy vegetables also helps patients who consume supplements for calcium, sodium etc. Eating more than 25% of rice & wheat (refer to Fig. 1) with each meal results in an increase in creatinine since it contains 15% indigestible protein. Creatinine is the end-product of protein.

b. Vegetable Preparations: Apply similar principles (of leafy vegetables) to the preparation of other vegetables .

c. Salt Intake Control: Use a 1-gram salt sachet for each meal to manage salt intake. Excessive salt can lead to water retention in the body.