



**miracle drinks®**  
NEO AYURVEDA  
Be Healthy Again

## How to prepare foods in the family of chronic kidney disease/acute renal failure disease patient



### **Basic principles for preparing food for Kidney Patients:**

- a) Food should not be prepared separately for the patients , taste will not be good, therefore food should be prepared normally by following principles.
  
- b) What ever the vegetables and leafy vegetables preparations , with all the spicy, and other ingredients , boil it the liquid generated from the boiling should be removed and it may be used for the family members either as a soup or discard it , that liquid part should not be given to the patient. after which tempering for the vegetables, pulses, etc., can be added. After this step, the food meant for the Chronic Kidney Disease patient should be separated **AND ONLY THEN**, should the 1 gram of salt be added for them. Thereafter for the family members, required quantity of salt can be added and consumed.