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## 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.