

Diet Corner

Diet for Renal Failure:

1. Diet for renal failure patients should have 0.6g/Kg body weight of protein. Protein should come from both vegetarian and animal sources
2. As most of patients with renal failure are catabolic, energy intake should be liberal
3. Salt restriction is important and about 2.5-3g of salt per day should be allowed.
4. Low sodium salt Substitutes available in the market should be avoided as they are rich in Potassium. Usually patients with renal failure also have hyper kalemia
5. Intake of Phosphorus also should be limited
6. In patients with hyperkalemia fruit intake should be minimised as many fruits are rich in potassium
7. Protein free diets should not be recommended in patients with renal failure

***Dr. Shilpa Joshi, RD, Mumbai Diet and Health Center,
Mumbai***