

RECIPE BOOK

Renal Friendly Recipes,
Diet Suggestions and Nutrition Charts



nephroplus

dialysis made easy



Quality of life

WHY IS YOUR DIET IMPORTANT?

The wastes generated in the body through breakdown of muscle tissues and food are excreted by the kidneys. When the kidneys do not function as well as they should, these wastes start building up in the body and can be dangerous. They can also make us feel sick. It is therefore important to restrict the foods that have high amounts of such substances. In this section, we will see which foods we must restrict and why. If you are getting adequate dialysis as prescribed by your doctor, the restrictions will be minimal. The key is to eat good, healthy food at small intervals. Have small, light meals five to six times a day. Try to introduce variety in your meals. Try something new. You will soon be convinced that food can be tasty despite following your diet plan!

THERE ARE FOUR MAIN THINGS ALL DIALYSIS PATIENTS NEED TO BE CAREFUL ABOUT IN THEIR DIET.

Potassium

Potassium is a very important mineral for the body. It controls the functioning of the nerves and the muscles. The most important muscle in the body is the heart. If the Potassium becomes too high, among other things, it can cause irregular heartbeats, heart failure and sudden death. It is therefore, very important to restrict foods that contain high levels of Potassium.

Sodium

Sodium is an important electrolyte present in the body.

Although sodium is necessary for body functions, consuming too much sodium can be harmful for the body especially for people with kidney disease since the kidneys are not able to filter the excess sodium from the body. This causes the sodium to build up in the body.

Phosphorus

Phosphorus is a mineral which is present in almost all foods we eat.

Normal kidneys filter the excess phosphorus and maintain the needed balance of phosphorus in the blood. Dialysis can remove some phosphorus but cannot remove all of the excess phosphorus in the body. Since dialysis alone cannot manage levels of phosphorus, managing what you eat becomes all the more important. Otherwise, there can be raised blood levels of phosphorus.

Fluids

Restricting fluid is probably the toughest part about dialysis for most people.

Let us try to understand the reason behind fluid restrictions. The kidneys remove excess fluid from the body. So, when the kidneys are not functioning adequately, the excess fluid builds up in the body. This can cause the excess water to go into the cells of the body.

Potassium

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Fruits generally contain high Potassium levels. Many vegetables also contain high potassium. Vegetables can be leached to remove a lot of the potassium. Here's how you can leach vegetables to remove a lot of the potassium in them:

1. Peel and place the vegetable in water before you dice to avoid darkening.
2. Cut the vegetable into thin cubes or slices.
3. Soak the diced vegetable in warm water for at least 4 hours. Alternatively dice and put in cold water overnight to cook in the morning.
4. You may change the water in the morning and leave it for leaching for another 2 hours.
5. Rinse under warm water again for a few minutes.
6. Cook vegetable with five times the amount of water to the amount of vegetable.
7. Drain the water.

If you really want to eat some fruit, do so in the first half hour of dialysis or just before dialysis. That way, it will get dialysed out during your session since Potassium is removed easily during dialysis.

Sodium

Sodium is an important electrolyte present in the body. Sodium also helps the following functions in the body:

- Regulation of blood pressure and blood volume
- Helps to transmit impulses for nerve function and muscle contraction
- Regulates the acid-base balance of the blood and body fluids

Although sodium is necessary for body functions, consuming too much sodium can be harmful for the body especially for people with kidney disease since the kidneys are not able to filter the excess sodium from the body. This causes the sodium to build up in the body. Excess sodium in the body can cause the following:

- High Blood Pressure
- Edema (swelling in the legs, hands and face)
- Shortness of breath
- Stress on the heart which can lead to heart failure

People with kidney disease should therefore, restrict the amount of sodium in their food. Common salt used in the food is a major source of Sodium in the food.

Please ask your dietician how much sodium you are allowed to have per day.

Gradually reduce the amount of salt in your food. Slowly you will find it difficult to eat food with normal salt.

Beware of Low Sodium salts. They contain Potassium!!

Phosphorus

Phosphorus is a mineral which is present in almost all foods we eat. Phosphorus is essential for the production and storage of energy in the human body. Our body requires phosphorus to use vitamins and minerals. Phosphorus along with calcium is vital for the formation of strong bones and teeth.

Normal kidneys filter the excess phosphorus and maintain the needed balance of phosphorus in the blood. Dialysis can remove some phosphorus but cannot remove all of the excess phosphorus in the body. Since dialysis alone cannot manage levels of phosphorus, managing what you eat becomes all the more important. Otherwise, there can be raised blood levels of phosphorus.

High levels of phosphorus in the blood can

- Cause renal bone disease, where the bones become weak and break easily
- Make the skin itch
- Form hard deposits in the arteries, heart, skin etc.

Fluids

Restricting fluid is probably the toughest part about dialysis for most people.

Let us try to understand the reason behind fluid restrictions. The kidneys remove excess fluid from the body. So, when the kidneys are not functioning adequately, the excess fluid builds up in the body. This can cause the excess water to go into the cells of the body. This causes edema (or swelling of the feet and hands) and it can also cause breathlessness because the excess fluid gets into the tissues of the lungs. This excess fluid can only be removed by dialysis.

The amount of fluid that can be removed during dialysis is limited. Removing more than roughly 400 ml of fluid per hour from the blood during dialysis can cause a number of unpleasant symptoms such as cramping, low Blood Pressure etc. To avoid this, we must not remove too much fluid during dialysis. It is therefore important to restrict the quantity of fluid consumed between dialysis sessions.

Try the following tips to reduce your fluid intake:

- The idea is to not think about fluids. Stay busy. Work, full time if possible. If you're not working, take up a hobby. Watch a movie. When the mind is not thinking about fluids, half the battle is won.
- Never gulp down fluid. Always sip it. Relish every sip.
- Drink fluids other than water. It is easy to have a large amount of water. It is less easy to have the same amount of fresh lime juice, for example.
- Have very cold or hot fluids. This again helps in reducing the amount consumed because you cannot gulp down a large amount quickly. You can only sip it.
- Reduce the amount of salt. More salt = more thirst.

Beetroot Chutney

It has a wonderful appearance and tastes excellent when mixed with hot rice or rotis



Ingredients:

1 cup =150 g
Beetroot, leached 1-1 ½ cup
Green chilies 1-2 in no
Red chilies 1-2
Curry leaves 1 sprig
Jeera powder ½ tsp.

Ginger ½ inch
Chana dal 1 tsp.
Urad dal 1 tsp.
Oil for tadka (Optional)

Preparation:

- Cut leached beet root in cold water.
- Dry roast dal until golden, add curry leaves, garlic, red chilies, green chilies.
- Fry until leaves turn crispy. Set aside to cool.
- Drain water from beet root. Blend all the ingredients well.
- Add lime juice.

Note: Beetroot is rich in iron, adding

lime juice in the preparation can increase absorption.

NUTRITIVE VALUE AS PER ONE SERVING

Calories : 102 Kcal

Proteins : 5.9 gm

Sodium : 79.39 mg

Potassium : 172 mg

Phosphorus : 144.5 mg

*Serving size 1 tbsp.

(15 g) = 17.2 mg potassium.

Tomato Chutney

This slightly tangy, and spicy chutney can be served with any snacks or can be used as spreads.



Ingredients: 1 cup =150 g

Tomato, chopped 2 medium.
Ginger grated ½ tsp.
Red chilies 2-3 in no.
Chana dal 1 tsp.
Hing ¼ tsp.
Roasted Jeera powder 1 tsp.

Curry leaves 2-3
Mustard seeds ½ -1 tsp.
Jaggery / Sugar (Optional) for taste.
Oil 1 tsp.

Preparation:

- Dry roast red chilies, channa dal and Jeera. Keep aside.
- Take non-stick pan dry roast chopped tomatoes and ginger. Allow it to cool.
- Blend all the above ingredients coarsely.
- Heat oil in a pan, add mustard seeds and allow them to splutter, add curry leaves and hing.

- Add the blended mixture and mix well.
- Tomato Chutney can serves as accompaniment with roti, parathas and appam.

NUTRITIVE VALUE AS PER ONE SERVING

Calories : 107.6 Kcal

Proteins : 3.89 gm

Sodium : 30.5 mg

Potassium : 235 mg

Phosphorus : 90.1 mg

*Serving size 1 tbsp. (15 g) = 23 mg potassium

Poha – Rava Dhokla

A traditional Gujarati Dhokla recipe with a twist



PORTIONS: 12

SERVING SIZE: 3 pieces

Ingredients:

- Poha thick ½ cup
- Rava ½ cup
- Curd ½ cup
- Water ½ cup
- Sugar 2 tsp
- Oil 2 tsp

- Mustard seeds 1 tsp
- Hing powder ¼ tsp
- Salt ¼ tsp
- Baking Soda+Baking Powder ¾ tsp
- Coriander leaves for garnishing (optional)

Preparation:

- Mix baking soda and baking powder. Take ¾ tsp keep aside.
- Grind the Poha coarsely.
- Take a bowl, add water, salt, sugar and mix it well. Now, add curd and mix it well till it becomes smooth.
- Add the grounded Poha and Rava to this mixture and mix it well, keep aside for 10-15 minutes.
- Meanwhile, heat the water in a cooker or a pan for steaming the ingredients.
- Grease 6"x6" tray or a plate with a 1 tsp of

oil, keep it ready.

- When the water start steaming , add ¾ tsp baking powder to the batter and mix.
- Pour into the greased plate and steam till its done. If you insert the toothpick it should come out clean. Let it cool for some time.
- Heat the oil in a pan. Add mustard seeds when it starts spluttering, then add hing.
- Switch off the stove and add 1 tbsp of water to the tempering and pour it over the Dhokla. Cut into pieces and serve hot.

NUTRITIVE VALUE AS PER ONE SERVING

- Calories : 228.78 Kcal
- Proteins : 6.85 gm
- Sodium : 224.59 mg
- Potassium : 204.19 mg
- Phosphorus : 128.36 mg

Steamed Cabbage Rolls

Traditional cabbage rolls packed with flavor and simple ingredients, will surely leave a memorable experience for your taste buds.



PORTIONS: 10 pieces

SERVING SIZE: 1 piece

Ingredients:

- Cabbage leaves, medium size 10 in no
- Onion stalk, chopped 1 cup
- Tomato, chopped ¼ cup
- Carrot, grated ½ cup

- Onion, small ½ cup
- Capsicum, chopped ½ cup
- Green peas ½ cup
- Paneer, grated 50 g
- Oil 1 Tbsp
- Salt ¼ tsp

Preparation:

- Heat oil in a large pan. Add onions , capsicum, grated carrot, green peas, chopped tomato and onion stalk.
- Cook on medium flame until ingredients are soft and cooked.
- Add paneer and ¼ teaspoon salt. Divide into equal 10 portions. Keep aside.
- Place the cabbage leaves in a large bowl of water and cook for 10 -15

minutes until semi-soft. Remove and drain.

- Take one cabbage leave at a time and place one portion of the cooked ingredients of filling near the end and roll it. After completing all rolls, place it in a large bowl, steam it for 10 mins.
- Serve hot.

NUTRITIVE VALUE AS PER ONE SERVING

- Calories : 44 Kcal
- Proteins : 2 gm
- Sodium : 66.9 mg
- Potassium : 139.2 mg
- Phosphorus : 35.4 mg

Note: Low calorie rolls can be served with 1 tsp tomato salsa.

Baked Chakali

Enjoy Gluten free and low fat baked Chakali this festival season. It is Kidney and Heart friendly recipe



Portions— 20 in no

Serving size— 1-2

Ingredients:

- Jowar flour 1 cup
- Rice flour 1 tsp
- Hing ¼ tsp
- Haldi ¼ tsp

- Jeera, crushed 1 tsp
- Red chilli powder 1 tsp
- Sesame seeds, roasted 1 tsp
- Oil 1 tbsp.
- Salt ½ tsp

Preparation:

- Combine all the ingredients in a bowl and mix it into soft dough using enough water.
- Add 1 tsp hot oil in the mixture and mix well. Allow the dough to stand for 10 mins.
- Now add the dough in the Chakali press and make swirls on a greased baking tray.

- You will get about 20 chakalis. Brush the chakalis using 1 tsp oil.
- Bake these chakalis in a pre-heated oven at 180°c for 20 to 25 minutes, turn all the chakalis once after 10-12 mins.
- Store in airtight container.

NUTRITIVE VALUE AS PER ONE SERVING

Calories : 28 Kcal
Proteins : 0.6 gm
Sodium : 0.7 mg
Potassium : 9.3 mg
Phosphorus : 18 mg

Popcorn Bhel

This unique snack is very tasty and totally salt-free. Go ahead and satisfy your mid-morning or late afternoon hunger pangs with this crispy, nutritious treat!



Portions: 3

Serving size: 3/4C

Highlights:

1. No added Salt
2. Source of Protein

Ingredients:

- 4C Puffed Popcorn
- 1/2C Peas, fresh, green

- 1/2C Capsicum, Yellow-Orange, chopped
- 1/2C Onion, chopped
- 2Tbsp Curd
- 1Tbsp Olive Oil
- 1/2tsp Cumin seeds (Jeera)
- 1/4tsp Mustard Seeds (Rai)
- 1tsp Chillies, Green
- 1Tbsp Coriander, chopped, fresh

Preparation:

- In a pan fry heat 1 tsp oil and add rai, jeera, and all the chopped vegetables keeping ½ the amount of onion aside.
- In a minute, add curd, green chillies and soften the vegetable mixture. Cook for only a minute or two. Let it cool.
- Pour over the Popcorn and mix well

- Squeeze in half the lemon and mix again lightly.
- Garnish with coriander leaves and the onion which was kept aside.
- Nutritious Popcorn bhel is ready.

NUTRITIVE VALUE AS PER ONE SERVING

Calories : 139 Kcal
Proteins : 3.5 gm
Carbohydrates : 15 g
Fat : 8 g
Sodium : 8 mg
Potassium : 130 mg
Phosphorus : 95 mg
Calcium : 46 mg
Dietary Fiber : 1.7 g

Chawadal Tikki

You will be surprised how something that has no salt in it can be so tasty! Try this appetizer along with your favourite chutney to add that zing to your meal.



Portions: 2

Serving size: 6

Highlights:

1. No salt
2. Crispy

Ingredients:

- 1 C Rice, cooked, soft

- ½ C Chane-Ki Dal, cooked (Bengal gram dhal)
- ¼ C Methi leaves, chopped (Fenugreek)
- ½ tsp Jeera (cumin)
- ½ tsp Rai (Mustard seeds)
- 1 Tbsp. Green chilies, finely chopped
- ½ tsp Turmeric powder
- ¾ tsp Amchur powder (dry mango)
- 2 Tbsp. Oil

Preparation:

- Heat 1 tsp oil in a pan, add Jeera, rai, turmeric, green chilies, and methi leaves. Cook for a minute and add cooked chane-ki-dal and amchur and

add water to boil well. Cook for 5 minutes to blend flavors and let water evaporate completely. Let it cool and solidify.

- Mash the hot cooked rice nicely and add cooked dal and mix well.
- Make small balls and flatten it to make tikkis.
- On a flat nonstick pan, roast tikkis by smearing oil with the fingertips on the tikkis. After it turns golden on one side, flip the side and turn the other side golden as well.
- Lay out on an interesting plate, arrange nicely and sprinkle red chili flakes or parsley.
- Serve hot along with other food as planned.

Nutri-Cracked Wheat Upma

Not only is this variation of the traditional upma rich in protein and fibre, it is also very tasty. Try it for breakfast or as an any-time snack!



Portions: 8

Serving size: 1/2C

Highlights:

1. Source of Fiber
2. Source of Protein

Ingredients:

- 1 C Cracked Wheat
- 1/2C Peas, Fresh
- 1 tsp Rai, (mustard seeds)

- 1/2tsp Jeera (cumin seeds)
- 1/4tsp Salt
- 1 tsp green chilies
- 1tsp grated ginger
- 1Tbsp coriander leaves
- 1/4C Curd, -Sour
- 1/2C Home-made Paneer, toned milk
- 1Tbsp Vegetable Oil

Preparation:

- Boil 1 liter of water on one of the stove.
- On another stove, heat oil in a non-stick pan. Once oil is hot, add mustard seeds and then cumin seeds. When mustard seeds make a crackling sound, add ginger, green chilies, peas, and 1 cup of cracked wheat and fry it for 7-10 minutes on medium to high flame stirring continuously.
- Once cracked wheat fries, add sour curds to the mixture and stir again for 3 minutes.
- Add boiling water to the sautéed above

mixture.

- Cook it for 10minutes or till water evaporates.
- Crumble fresh home- made paneer and add to the cooked upma to make it more nutritious.
- Nutri-cracked wheat upma is ready to be served.

NUTRITIVE VALUE AS PER ONE SERVING

Calories : 145 Kcal
Proteins : 4.5 gm
Carbohydrates: 22 g
Fat: 4.5 g
Sodium : 120 mg
Potassium : 108 mg
Phosphorus : 72 mg
Calcium: 40 mg
Dietary Fiber: 4 g

Green Peas Soup

This tasty and protein-rich soup can be a great way to start a meal.



Portions: 3

Serving size: 1/2c

Highlights:

1. Source of protein
2. Comfort food

Ingredients:

- 3/4C of Green peas, fresh

- 5 tsp of Vegetable oil
- 1tsp of Ginger, grated
- 1tsp Jeera (cumin)
- 1/4tsp Methi Dana (Fenugreek seeds)
- 1/4tsp Turmeric powder
- 1/4tsp Garam Masala
- 1Tsp Lemon Juice
- 1/4tsp Black Pepper
- 1 ½ tsp of fresh cream (optional)
- 2 C water
- Pinch of salt

Preparation:

- Using no water or very little water blend green peas into a coarse paste.
- Fry the coarse peas paste along with the grated ginger, pinch of salt in 3 tsp

oil over the medium flame for 5 minutes. Keep it aside.

- In another pan, heat 2 tsp of oil, add Jeera, Methi Dana to crackle. Add turmeric powder and add 2 cups of water to boil.
- To the above boiling mixture add the roasted peas mixture and turn the flame to low and cook for 20 minutes. Turn off the heat.
- Add Black Pepper, Garam Masala and Lemon juice. Mix well and cover the lid and leave for few minutes.
- Garnish the soup with 1/2tsp of fresh cream and serve hot or cold.

Masala Idlis

This simple change to the regular idlis can be a nice way to enjoy idlis when there is no chutney available!



Portions: 1

Serving size: whole portion

Highlights:

1. Check with your dietitian, if you are diabetic
2. No chutney is required

Ingredients:

- 4 idlis medium size

- 2 small green chilies
- 1/2c chopped onion
- 1/2tsp grated ginger
- 2 tsp chopped fresh coriander leaves
- 1/2tsp dhania powder (coriander)
- 1/2tsp sauf (aniseed)
- 1/2tsp garam masala
- Pinch of turmeric salt
- 1/4tsp of lemon juice
- 2tsp oil
- For tempering:
 - 1/2tsp urad dal (black gram)
 - 1/2tsp mustard seeds
 - 3-4 curry leaves

Preparation:

- Cut all idlis into cubes and keep it aside. Use no salt to make idlis.
- Heat oil in a fry pan and add ingredients for tempering.
- After ingredients splutter, add chilies, onion, ginger, and all spices, condiments and pinch of salt. Cook till onions are tender.
- Add the cubed idlis and lemon juice to the above and mix well.
- Garnish with fresh coriander leaves.

Paneer Do Pyaaza

Paneer Do pyaza An extremely delicious and easy to make Punjabi style, semi dry curry recipe with flavourful Indian spices.



Portions: 6 in no

Serving Size: 1 bowl

Ingredients:

- Paneer 200 g
- Onion, finely chopped 3/4 cup
- Capsicum 1/3 cup
- Cashews 7 in no.
- Green cardamom 2 in no.
- Oil 2 tbsp
- Salt ¼ tsp (As suggested by the

Dietician

- Yogurt ¼ cup
- Cumin 1/2 tsp
- Ginger 1/2 tsp
- Garlic 1 clove
- Chilli powder 1tsp
- Garam masala powder 3/4 tsp.
- Onions, button, small 10 in no
- Coriander powder 3/4 tsp.
- Kasuri methi 1/2 tsp
- Turmeric powder 1/2 tsp.

Preparation:

- Cut the paneer into cubes, keep it aside.
- Make a paste of ginger and garlic.
- Make a fine paste of capsicum, curd and cashews in a blender. Keep it aside.
- In a pan add 1 tbsp. of oil. Add cumin and cardamom, when they splutter add onions, fry until golden brown.
- Add ginger, garlic paste and sauté for 2 minutes.

- Then add ground curd-cashew paste.
- Add salt, turmeric, chilli powder, garam masala and coriander powder. Sauté till oil is separated.
- Then add water and mix well. Cook covered until gravy thickens.
- Lower the flame, now add paneer cubes, mix well and cook covered until 2 minutes.
- In another pan heat 1tbsp oil. Fry button onions on high flame for 2-3 minutes or until partially cooked.
- Pour this over the paneer gravy. Sprinkle kasuri methi leaves.
- Serve hot with rotis and parathas.

NUTRITIVE VALUE AS PER ONE

SERVING

Calories : 174 Kcal

Proteins : 8.1 gm

Sodium : 150 mg

Potassium : 185 mg

Phosphorus : 208 mg

Punjabi Plain Kadhi

Authentic and delicious curry can be served as accompaniment with khichadi or steamed rice.



Portion size: 5 cups

Serving Size: 1 cup

Ingredients:

- Curd 1 cup
- Water 3 cups
- Hing ¼ tsp
- Haldi ½ tsp
- Red Chilli powder ½ tsp

- Coriander Powder ½ tsp
- Sugar ½ tsp
- Besan 1tbsp.
- Salt ¼ tsp or as suggested by dietician.

For Tempering:

- Oil 2 tsp
- Garlic, chopped ½ tsp (Optional)
- Mustard seeds 1/4 tsp
- Jeera ¼ tsp
- Curry Leave 1 sprig

Preparation:

- In a vessel, add all the above ingredients and mix using a wired whisk.
- Whisk it well until it looks like a smooth batter. Blend thoroughly and make sure

there are no lumps in the Kadhi. Keep aside.

- In a pan, heat oil and add mustard seed. As they splutter, add jeera seeds, garlic and curry leaves.
- Lower the flame and add the Kadhi mixture to the tempering. Mix well and let is boil.
- If Kadhi is too thick at this point, add 1/4 cup of water and mix. Adjust seasonings.
- Serve hot with steamed rice.

NUTRITIVE VALUE AS PER ONE

SERVING

Calories : 84 Kcal

Proteins : 2.33 gm

Sodium : 168 mg

Potassium : 137 mg

Phosphorus : 55 mg

Note: You can also use buttermilk instead of curd.

Neer Dosa

It is simple and easy to make recipe. It is very light to digest and low in potassium.



Serves 5

**Portion size: 4 each
(18- 20 pcs)**

Ingredients:

- Rice 150 g (Surati or Kollam)
- Water 2 cups
- Salt as prescribed by your dietician.
- Oil as required

Preparation:

- Soak rice overnight with enough water.
- Next morning drain rice and grind it in a smooth paste.
- Add very little water while grinding, 1 to 2 teaspoon at a time. If too much of water is added, you will not be able to grind the rice into smooth paste.
- Transfer the batter in to a serving bowl.
- Add twice the amount of water as to the batter quantity. The batter should be thin and free flowing.
- Heat iron cast pan or non-stick pan. Grease the pan with enough oil.
- Stir the batter well every time you pour a dosa on the pan.
- Take a ladle full of batter and pour it on a greased pan to make thin dosa.
- If dosa does not show pours add some water, similarly if you think the batter is too

- thin you can add little rice flour. Mix well.
- Spread the batter evenly and fill the large pours with batter if any.
- Cover the dosa with the lid for few seconds or until cooked. Do not flip it. Neer Dosa has to be cooked from only one side.
- Remove the dosa from the pan and fold it triangular shapes as shown in the pics.
- Neer Dosa can be served with chutney, chicken curry and curry vegetables.

NUTRITIVE VALUE AS PER ONE

SERVING

Calories : 92 Kcal
Proteins : 4 gm
Sodium : 3.5 mg
Potassium : 33.5 mg
Phosphorus : 80 mg

Kofta Curry

It is an exotic gravy-based dish enriched with the goodness of vegetable, low fat spiced gravy and zaked koftas.



Ingredients:

(1 cup 150 g): Serves 3

For Kofta:

- Lauki grated 2 cups
- Bengal gram flour 1 tbsp.
- Green chillies, finely chopped 1 tsp.
- Ginger garlic paste 1 tsp.
- Garam masala ½ tsp.

For Curry:

- Tomatoes Blanched, medium 2
- Onion grated 1 cup
- Oil 1 tsp.

- Ginger chopped ½ tsp.
- Green chili 1 in no
- Jeera ½ tsp.
- Dhaniya Powder ½ tsp.
- Garlic chopped 1 tsp.
- Haldi ½ tsp.
- Red Chili Powder ½ tsp.
- Corn flour powder 1 tsp.
- Low fat milk 2 tbsp.

Preparation:

For Kofta:

- Squeeze the water out of grated lauki and mix all the ingredients for making kofta.
- Mix well and divide the mix into 8 equal round balls.
- Bake the balls in an oven or you can use appam patram to roast the kofta.
- Roast the kofta till they are crispy and golden brown in colour.
- Keep aside.

For Curry:

- Blend onion, tomatoes, ginger, garlic and green chili in smooth paste.
- Heat oil in a non-stick frying pan. Add jeera and let it crackle.
- Add the blended paste and cook till oil start to leave

from the sides.

- Do stir in between and make sure that it is not sticking to the bottom of the pan.
- Add turmeric powder, red chili powder, dhaniya powder and dash of salt.
- Mix it well and cook it for a minute.
- Add water to make it to the desired gravy consistency.
- Add paste of corn flour and milk to the gravy to give it a creamy texture.
- Immediately stir it well till everything is mixed. Now crank the heat to medium again and bring it to a boil.
- Add garam masala and kasoori methi. Mix it well.
- Add koftas and serve hot.

NUTRITIVE VALUE AS PER ONE

SERVING

Calories : 126 Kcal
Proteins : 2.7 gm
Sodium : 68.4 mg
Potassium : 168 mg
Phosphorus : 71 mg

Note: Add the koftas right before the serving, otherwise kofta will absorb almost all the gravy and becomes soft and soggy.

Veggie Dal Fry

This delicious dal will be the perfect accompaniment for a roti or any rice. Flavourful, wholesome and very tasty!



Portions: 4

Serving size: 1/2 cup

Ingredients:

- 1 cup toovar dal (red gram), boiled without salt
- 1/2 cup peeled and cubed cucumbers
- 1/4 tsp rai (mustard seeds)
- 1 tsp cumin seeds (jeera)

- 2 tsp chillies finely chopped
- ¼ tsp red chilli powder
- 1 tsp turmeric powder (haldi)
- ¼ tsp salt
- Juice from ½ lemon
- 2 Tbsp chopped coriander leaves (kothmir, dhania)
- 1 Tbsp oil
- Pinch of hing (asafoetida)
- Water 3/4 cup

Preparation:

- Soak toovar dal for at least 4 hours. Change water every 2 hours if possible. Before cooking wash it till water becomes clear.
- After boiling dal, mix it well till there are no lumps. If required water can be added for desired consistency. Consistency should not be watery.
- In a deep bottomed pan, heat oil, add pinch of

hing, cumin and mustard seeds. Saute till seeds splutter.

- Add chopped cucumbers, 1 Tbsp of coriander leaves, green chillies and spices. Cook till it becomes very tender.
- Pour the boiled dal in the above pan. Cover the lid and cook for 5-7 min.
- Add recommended salt, lemon juice and cook for 1 minute.
- Garnish with 1 Tbsp chopped coriander leaves and serve with rice or roti.

NUTRITIVE VALUE AS PER ONE

SERVING

Calories: 89Kcal
Protein: 4g
Carbohydrates: 10g
Fat: 4g
Sodium: 151mg
Phosphorus: 58mg
Calcium: 31 mg
Potassium: 200mg

Methi Matar Masala

This very tasty, rich curry can be the soul of any meal. The methi and peas blend in very well with the rich gravy and can be eaten either with a roti or rice dish.



Portions: 4

Serving size: 1/2 cup

Ingredients:

- 1 cup green peas, boiled
- 1/2 cup Methi leaves (fenugreek)
- 1 cup cubed louski (bottle gourd), boiled
- 1/2 cup chopped onion
- 3 green chillies finely chopped
- 1 tsp grated ginger
- 1 cardamom

- 3 cloves whole
- ½" cinnamon stick
- 3 pepper corns
- 2 tsp khus-khus seeds
- 2 Tbsp oil
- Pinch of hing (asafoetida)
- 3/4 tsp jeera (cumin seeds)
- 1 Tbsp curd
- 1 tsp sugar
- 1/4 tsp Salt or as recommended by dietitian

Preparation:

- Wash methi leaves, drain water, chop finely and keep aside.
- Heat 2 tsp oil in pan and add ¼ tsp cumin seeds and hing. After it splutters, add methi leaves and cook for 3-4 min and remove from fire and keep aside.
- Grind 1/4c onion, green chillies, ginger, and khus-khus seeds into paste.
- Roast cinnamon stick, cloves, cardamom, ½

tsp cumin seeds and powder into masala.

- In a pan add remaining oil and sauté onions lightly. Add the prepared paste and fry till golden brown. Add dry masala, curd and sauté for 1 more minute.
- Add peas, methi, bottle gourd, sugar, salt and little water. Cook till it thickens lightly.
- Serve hot.

NUTRITIVE VALUE AS PER ONE

SERVING

Calories: 137 Kcal
Protein: 5g
Carbohydrates: 13g
Fat: 8g
Sodium: 25mg
Phosphorus: 87mg
Calcium: 104 mg
Potassium: 99mg

Crunchy Cream Fruit Salad

This salad recipe is a delicious combination of fruity tropical flavors and light cream. It can be served as an evening snack.



PORTIONS: 2 bowls

SERVING SIZE: 1 bowl

Ingredients:

- Apple medium size
- Pineapple 1 cup
- Whipped cream unsalted
½ cup

Preparation:

- Wash the apple and cut into the pieces along with skin.
- Cut the pineapple into 1" pieces.
- Beat heavy whipping cream in a bowl, with an electric hand mixer, on high, until stiff peaks form. Take a bowl and mix all ingredients with the cream.
- Serve chilled.

NUTRITIVE VALUE AS PER ONE SERVING

Calories: 95 Kcal
Protein: 1 g
Sodium: 15 mg
Phosphorus: 26.1 mg
Potassium: 143.5 mg

Note : Whip cream starts to deflate, and lose its thick, airy texture if kept standing for long. For best taste, add cream and serve immediately.

Carrot Beet Halwa

This variation of the traditional Indian sweet, 'Gajar ka halwa' is ideal for festive occasions. It has some paneer as well to give a protein boost.



Portions: 6

Serving size: 1/3 cup

Highlights:

1. Delicious Indian pudding
2. Variation recipe of "Gajar Ka Halwa" for dialysis.

Ingredients:

- 1 Cup thickly grated carrots
- 2 Cups thickly grated beetroot
- 1 Tbsp Ghee

- 2 tsp Vegetable oil
- 2 Tbsp Toned milk
- 1/4c Sugar or Sugar free
- 1/4c Paneer-(home-made)
- 1 tsp Elaichi powder (cardamom)
- 10 Almonds

Preparation:

- Boil the grated carrots in 6 cups water for 5 minutes and drain the water.
- In a pressure cooker, heat ghee and sauté drained grated carrots and grated beetroot continuously for 5 minutes on low flame.
- Add 2Tbsp of toned milk, stir well and pressure cook till 1 whistle.
- In another pan, heat oil and add crumbled paneer and add 1Tbsp sugar. Stir continuously and cook till it becomes granulated.
- Add the granulated paneer to the cooked carrot and beet. Stir well and cook for 7-10 minutes.

- After cooking for 10 minutes, add remaining sugar and lightly powdered badam and finely powdered elaichi to the above. Stir well and cook for another 2 minutes.
- Serve hot.

Tip: You can make only beetroot halwa instead of adding carrot and consume ½ cup as one serving.

NUTRITIVE VALUE AS PER ONE SERVING

Calories: 138Kcal
Protein: 3g
Carbohydrates: 14g
Fat: 7g
Sodium: 65mg
Phosphorus: 148mg
Calcium: 47 mg
Potassium: 75mg

Pineapple Sheera

A classic Indian sweet – ideal for any festival!



Portions: 5

Serving size: 1/2c

Highlights:

1. Classic Indian sweet made for many occasions throughout India.
2. Low potassium- fruity delight

Ingredients:

- 1 ¼ c Fresh cubed pineapple chunks
- 1c Rawa/Suji (semolina)
- 2Tbsp Vegetable oil

- 2tsp Ghee
- Pinch of Kesari (saffron)
- 2Tbsp Milk
- 1Tbsp Sugar
- 4Tbsp Sugar substitute
- 1/2tsp Elaichi powder (cardamom)

Preparation:

- Soak kesari in milk and keep it aside.
- Puree 1 cup pineapple chunks. Mix puree and sugar well in a pan and cook for 4-5 minutes stirring occasionally. Keep it aside.
- In another pan, heat oil and ghee. To it, add rawa and fry continuously till it turns golden brown.
- Boil 3-4 cups of water while rawa is frying.
- While rawa is turning golden brown, add elaichi powder, kesari milk and pineapple chunks and cook for 2-3 minutes. Keep few chunks of pineapple aside for garnishing.
- Add boiled water to the golden brown rawa and keep stirring till rawa cooks and

moisture evaporates.

- Add sugar substitute to the cooked rawa. Stir till sugar substitute melts completely.
- Now add cooked pineapple puree to the above cooked rawa and cook for 3-4 min till moisture evaporates.
- Turn off the heat and cover the pan with a lid for few minutes.
- Garnish with fresh pineapple chunks while serving.

NUTRITIVE VALUE AS PER ONE

SERVING

Calories: 227Kcal

Protein: 4g

Carbohydrates: 35g

Fat: 8g

Sodium: 38mg

Phosphorus: 45.5mg

Calcium: 35.5mg

Potassium: 59mg

Gulabi Kheer

A perfect recipe for Valentine's Day. Make this renal-friendly dessert for your loved one on Valentine's and see his or her face light up with just one spoonful!



Portions: 3

Serving size: 1/3 cup

Highlights:

1. Dessert for Valentine's day
2. Natural fat

Ingredients:

- 3/4C of Beetroot, fresh grated
- ½ C Milk- toned
- 3 Tbsp Sugar/ Sugar free
- 1/2 tsp Cardamom powder
- 1 C Water
- ½ tsp Watermelon seeds
- 4 Almonds
- Few drops -Rose essence

Preparation:

- Boil grated beetroot in a pan in 1 C of water covering the lid for 5-7 minutes. Uncover the lid and let 3/4th of the water evaporate.

- Add milk, cardamom powder and let it boil on a slow flame till milk thickens little.
- Turn the heat off and add coarsely crushed watermelon seeds, rose essence, stir evenly.
- Serving for three portions is ready.
- Garnish with chopped almonds on the top and few rose petals on side.

Tip:

For light pink color, rinse the freshly grated beetroot under running water for a minute.



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