RECIPE BOOK

Renal Friendly Recipes,
Diet Suggestions and Nutrition Charts

nephroplus
dialysis made easy
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!

**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 phosphorous, 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.
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 phosphorous, 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.

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!!
Diet Recipes

**Accompaniments:**

**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.

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**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.

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### Steamed Cabbage Rolls

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

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

**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.*

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### Poha – Rava Dhokla

A traditional Gujarati Dhokla recipe with a twist

**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

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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

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.

Baked Chakali

Portions – 20 in no
Serving size – 1-2
Ingredients:
• Jeera, crushed 1 tsp
• Red chilli powder 1 tsp
• Sesame seeds, roasted 1 tsp
• Oil 1 tbsp.
• Salt ½ tsp

Preparation:
• You will get about 20 chakalis. Brush the chakalis using 1 tsp oil.
• Bake these chakalis in a preheated 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:
• 1/2C Capsicum, Yellow-Orange, chopped
• 1/2C Onion, chopped
• 2Tbsp Curd
• 1Tbsp Olive Oil
• 1/2tsp Cumin seeds (Jeera)
• 1/4tsp Musturd Seeds (Rai)
• 1tsp Chilies, Green
• 1Tbsp Coriander, chopped, fresh

Preparation:
• 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

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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.

Ingredients:
- 1 C Rice, cooked, soft

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!

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

Preparation:
- Boil 1 liter of water on one of the stoves.
- 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 cooked 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 10 minutes 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.

**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.

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

**Portions:** 3
**Serving size:** 1/2 c

**Highlights:**
1. Source of protein
2. Comfort food

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**Masala Idlis**

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

**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.

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

**Portions:** 1
**Serving size:** whole portion

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

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**Diet Recipes**

**Main Course:**

### 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)  

**Preparation:**  
- Cut the paneer into cubes, keep it aside.  
- Make a paste of ginger and garlic.  
- Make a paste of cashew and curd.  
- 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.

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

**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  

**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 cook covered until gravy thickens.  
- In another pan heat 1 tbsp 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 : 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.

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 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. 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 chilies, 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.

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 chilli 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.
**Diet Recipes**

## Main Course:

### Veggie Dal Fry

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

**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 (asafoetida)
- Water 3/4 cup
- 2 tsp chillies finely chopped
- ¼ tsp red chilli powder
- 1 tsp turmeric powder (haldi)
- ¾ tsp salt
- Juice from ½ lemon
- 2 Tbsp chopped coriander leaves (kothmir, dhania)
- 1 Tbsp oil
- Pinch of hing (asafoetida)

**NUTRITIVE VALUE AS PER ONE SERVING**
- Calories: 89 Kcal
- 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.

**Preparation:**
- Wash methi leaves, drain water, chop finely and keep aside.
- 3 cloves whole
- ⅛” 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 diettian

**NUTRITIVE VALUE AS PER ONE SERVING**
- Calories: 137 Kcal
- Protein: 5g
- Carbohydrates: 13g
- Fat: 8g
- Sodium: 25mg
- Phosphorus: 87mg
- Calcium: 104 mg
- Potassium: 99mg

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Diet Recipes

Desserts:

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.

**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.

**Ingredients:**
- Apple medium size
- Pineapple 1 cup
- Whipped cream unsalted ½ cup

**PORTIONS:** 2 bowls
**SERVING SIZE:** 1 bowl

**Nutritive Value as per one serving**
- Calories: 138 Kcal
- Protein: 3g
- Carbohydrates: 14g
- Fat: 7g
- Sodium: 65mg
- Phosphorus: 148mg
- Calcium: 47 mg
- Potassium: 75mg

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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.

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

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Disclaimer: Including this recipe without consulting your dietician may cause disturbances in your laboratory results. Creating variety in your eating pattern is one way to improve your quality of life.
**Pineapple Sheera**

A classic Indian sweet – ideal for any festival!

**Ingredients:**
- 3/4C of Beetroot, fresh grated
- 1/2 C Milk- toned
- 3 Tbsp Sugar/ Sugar free
- 1/2 tsp Cardamom powder
- 1 C Water
- 1/2 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.

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

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**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!

**Ingredients:**
- 2 tsp Ghee
- Pinch of Kesar (saffron)
- 2 Tbsp Milk
- 1 Tbsp Sugar
- 4 Tbsp Sugar substitute
- 1/2 tsp Elaichi powder (cardamom)

**Preparation:**
- Soak kesar 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, kesar 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: 4 g
- Carbohydrates: 35g
- Fat: 8g
- Sodium: 38mg
- Phosphorus: 45.5mg
- Calcium: 35.5mg
- Potassium: 59mg

**Portions:**
- 5
**Serving size:** 1/2c

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

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