

Dietary advice for those with Stage 3-4 chronic kidney disease (CKD) from Asian background (incl Hindu or Moslem background).

By Prem Nand, Clinical Dietitian – Nutritionist, NZRD. <https://maximisednutrition.com>.

For individuals with Stage 3 or 4 CKD, nutritional management is an important factor in slowing disease progression and maintaining overall health.

Many people with an Asian background eat a diet that is rich in vegetables. While some follow a mostly vegetarian diet, others supplement their vegetables with chicken, fish, lamb or goat.

For vegetarians, there is often a heavy reliance on lentils and legumes to meet dietary protein needs. A plant-based diet rich in lentils and legumes, while nutritious, can contribute to elevated potassium and phosphorus levels. Your medical team should arrange that you have regular blood tests to ensure that these levels are in the normal range.

It is also important to carefully balance nutrition to manage potassium, phosphorus, and protein levels while adhering to religious practices like Ramadan and Navratri.

Some tips:

- Choose low-potassium vegetables (e.g., bell peppers, cucumbers) and fruits (e.g., apples, berries) and limit high-potassium options such as bananas and oranges.
- Reduce phosphate by choosing foods like white rice instead of brown rice and limiting whole grains (if your blood test indicates that this is an issue).
- Leach potassium out of legumes and lentils by soaking them in water overnight, then discarding the water and rinsing the legumes or lentils prior to cooking. Boiling these first and discarding the water also helps, then cook as usual with your flavourings and spices. Use chickpeas and mung beans as alternatives plant protein as these are lower in potassium.
- If you have diabetes and Stage 3-4 kidney failure, it is important to monitor your blood sugar levels as you adjust to your new way of eating.

Fasting, both short term and long term are common religious practices (such as Ramadan or Navratri). Choose to adapt meals to ensure that they meet kidney-friendly guidelines without compromising religious observances.

Opt for small, frequent meals that include low-potassium, low-phosphorus foods and ensure adequate hydration between meals.

Consulting a dietitian who understands both the medical and cultural aspects can provide personalized guidance to navigate these dietary restrictions effectively.

A bit about Prem Nand, Clinical Dietitian – Nutritionist, NZRD

Prem Nand is a New Zealand Registered Dietitian with more than 20 years experience as a clinical dietitian – nutritionist. Prem is initially from Fiji and growing up with neighbours that were from mixed ethnic and religious background, Prem understands the dietary practices of these clients. Prem specialises in multiple nutritional topics including Renal Health, Diabetes, Women's Health, Pain Management, Gut Health. Prem is based in Whangarei and can be

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