



Dietary Principles of Limit Proteins 限制蛋白質飲食原則(英文)

Goal:

Appropriate amount of protein is restricted to maintain optimal nutritional status of renal patients in order to delay the cases of renal failure.

Subjects for such a dietary guidance:

1. Acute renal failure
2. Chronic renal failure
3. Renal insufficiency

Restrictions on the principle of protein diet:

1. When patients suffering from early renal insufficiency, it is crucial to restrict protein in the diet to reduce uremia and further delay the decline of renal function. Patients must intake at least 1/2 to 2/3 more superior proteins like milk, eggs, fish, meat, yellow bean products, and the remaining categories of protein provided from grains, vegetables, and fruits provide.
2. To main ideal weight, the control of protein must be compatible with adequate calorie intake.
 - $BMI = BH(m^2) \times 22$
 - <17 too thin
 - 18-24 Normal
 - 24-26 too heavy
 - > 27obesity
3. Daily calorie intake can be provided through the following information even under protein restriction:

- Use of nitrogen starch like Elizabeth power, cornstarch, lotus root starch, jelly, green bean noodle, West rice, and pink circle to make delicious and low calorie with high protein snacks.
- Refined sugar (such as sugar, fructose, rock sugar, honey, and etc.).
- Grease type (such as: olive oil, salad oil, and etc.).

Note: Please refer to low-protein snacks.

4. Avoid eating high protein content with low-quality vegetable protein such as:

- Beans: red beans, mung bean, soybean, broad bean, pea-jen, black beans, bean flowers.
- Gluten products: gluten, intestinal surface, baked bran.
- Nuts: Peanuts, melon seeds, walnuts, cashews, almonds.

5. Avoid salty food like pickled products, canned foods, and processed foods.

6. To improve appetite and add flavor, make use of culinary skills and seasoning like pepper, star anise, lemon juice, parsley, green onions, ginger, and garlic. It is better to steam, boil, halogen, and grill food.

7. Do not go for sodium sold from general grocery stores for it contains potassium salt.

8. Water: If there is edema, patients should pay attention to water intake which can only amount to 500 to 700 c.c. and yesterday' s urine amount.

9. Water control techniques:

- Use fixed containers for water required for a day.
- Ice-cube lemon juice to stop thirsty feeling.
- Chewing gum.
- Watch out for the hidden water in fruit and food like watermelon and dianthera love jade.

10. Consumption of star fruit should be avoided.

11. Do not misuse or abuse Chinese herbal remedy for it might add burden on your kidney.

12. If potassium or phosphorus ions level is too high in the blood, please refer to the dietary principle of restricted phosphorus and potassium.

13. For the condition of high blood lipid, please refer to the principle of hyperlipidemia diet.

