



Dietary principles of Low-protein snack 低蛋白點心飲食原則(英文)

Goal:

It is crucial to provide patients of kidney conditions with appropriate nutrition support.

Patients generally have to follow strict restrictions for protein intake or it could incur inadequate calorie intake, decompose body tissues, and thereby increase the burden placed upon the kidneys.

At this point, it is highly recommended that patients intake foods with high-calorie and low protein to supply the body's energy requirements.

Diet guideline appropriate for subjects with:

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

Dietary principles:

Common low-protein snack including the following four categories

1. Low-protein starch: such as green bean noodle, rice flour, pearl sago, fen pi, lotus root powder, cornstarch, corn flour and potato powder, and powder food Weicheng.
2. Granulated, fructose, and refined sugar such as honey. (It's not suitable for diabetic nephropathy, replace it with sugar.)
3. Types of Oil: It is recommended that the use of vegetable oils be more suitable.
4. Commercialized formula of low-protein calorie supplement: such as Nu-carb and Ener-Aid

With the use of the aforementioned ingredients and commercial formulas, we can make a lot of delicacy and changes with many low-protein foods.

The following ingredients and steps provided is a simple low-protein diet:

- lemon pearl sago

Pearl sago cooked with sugar and a little bit of lemon juice.

- Stir-fry Green bean noodle (rice flour)

Soak green bean noodle (rice flour) in cold water and parch it with vegetables and onions. It can also be served cold.

- Plum juice Lotus root soup

Mix a little bit of plum juice with sugar in water blended lotus root powder

- Fruit pearl sago(taro ball or sweet potato ball)

Cook the off-the-shelf fruit pearl sago; add your favorite fruit and sugar after it is cold.

- Jelly

Add water, fruit juice, and frozen fruit in agar when it is cold.

Nu-Carband Ener-Aid is proposed to add premium benefits such as low-protein formula to increase patients' calorie intake.

You may also pick up the following low-protein food from any market for supplement; however, it is inappropriate for diabetic nephropathy patients to consume commercial snacks.

- Jellies or tea Jellies like small Konjac Coconut and jasmine tea Jellies.
- Peitou meatball:

Sweet potato powder and corn starch are major components, avoid eating meat contained in the peitou meatball.

- Oyster fried with Egg:

Omelets contained both eggs and oysters provide sufficient high protein intake, which is highly recommended by dietitians. Avoid eating it if there is already excessive protein intake in your diet.

