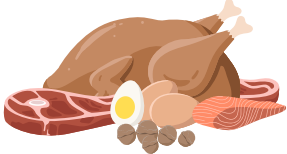
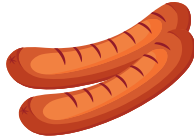









# Nutritional Diet for Dialysis Patients

Recommended Foods	Foods to Avoid
<p>High-quality protein sources: lean meats, eggs, fish</p> 	<p>Processed meats bacon, sausages</p> 
<p>Small amounts of water, ice chips</p> 	<p>Excess fluids, soups, juicy fruits</p> 
<p>Homemade meals with herbs</p> 	<p>High-sodium foods, salty snacks</p> 
<p>Low-potassium. Apples, cabbage, berries, cauliflower</p> 	<p>High potassium, Bananas, oranges, tomatoes</p> 
<p>low-phosphorus. Rice, corn-based cereals</p> 	<p>High-phosphorus foods. Dairy products, whole grains</p> 