

# Mediterranean diet adapted for Renal patients

The focus is on **plant foods**. This is an anti-inflammatory diet high in anti-oxidants containing a variety of fibers which are low in available phosphate. It is low in phosphate- & sodium additives, low in dairy products but high in olive- & canola oil.

Legumes, tofu, white meat from fish, chicken & egg whites are the best sources of protein & should be used in preference to red meat (including pork), processed foods, all hard cheese, white or yellow. Cottage cheese & ricotta are alternatives.

Meals should be prepared from scratch making use of fresh, unprocessed ingredients & adding herbs & spices to flavour

