



Avon Dialysis Centre



RENAL RECIPES

For Haemodialysis Patients

(ABRIDGED)

PURCHASE THE FULL BOOK

This is the FREE abridged version of 'Renal Recipes for Haemodialysis Patients,' created for World Kidney Day.

To access the full book complete with more detailed recipes and food tips, visit here to buy the book for N5500: <https://bit.ly/BuyRenalRecipes>



ABOUT AVON DIALYSIS CENTRE

Avon Dialysis Centre is a serene and private, state-of-the-art facility offering exceptional renal care for patients on dialysis. At our facility, we are well equipped to deliver the best patient experience with the most up-to-date technology, water filtration system, dialysis machines and certified professional staff.

Avon Dialysis Centre is part of the Avon Medical Practice network of healthcare services. As a portfolio company within the Heirs Holdings Group, a family-owned investment company with a mission to improve lives and transform Africa,

Avon Medical's operations are rooted in the economic philosophy of Africapitalism; a private sector-led approach to Africa's development through long-term investments in critical sectors creating both economic prosperity and social wealth.

Avon Medical Practice is working to improve lives across Africa by providing affordable, world-class healthcare services.



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FOREWORD

Dr Awele Elumelu
Chairperson, Avon Medical Practice



"The most important recipe for patients on haemodialysis is moderation. Patients can enjoy a variety of foods, but in moderation, while maintaining their renal diet."

Since we began our operations back in 2018, we have worked with several patients, providing world-class healthcare in our ultra-modern facility.

Avon Dialysis Centre currently possesses a 95 per cent patient satisfaction rating from our surveys, and we are glad because it is proof that we keep our promise of premium healthcare and a stellar patient experience.

To mark World Kidney Day this year, our team at Avon Dialysis Centre have curated simple renal recipes for patients on haemodialysis.

World Kidney Day is a global health awareness campaign focusing on the importance of the kidneys and reducing the frequency and impact of kidney disease and its associated health problems worldwide.

In our operations, we receive many questions about food from our patients on dialysis- What should one eat? What should one run far away from? What should one stop eating immediately?

This book has been created to provide guidance to simple and delicious meals that patients on haemodialysis can enjoy while giving their body the appropriate nutrition it needs.

Recipes in this book feature the introduction of a higher amount of high-quality protein and the restriction of higher amounts of sodium, phosphorus, and potassium into the diets of haemodialysis patients.

We have noted this recipe book as important because a favourable balance of nutrients will help keep the body healthy and strong.

These recipes are to be used as a guide and can be modified by dieticians in accordance with patient conditions and activity levels.

The most important recipe for patients on haemodialysis is moderation. Patients can enjoy a variety of foods in moderation, while maintaining their renal diet.

We advise patients to slow down while eating, stopping once they feel particularly full.

The goal should be to achieve optimal nutritional status, augmented by a healthy lifestyle.

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BREAKFAST



FOOD TIP #1



In failing kidneys, phosphorus builds up in the blood causing muscle aches, brittle bones, calcification of the heart, skin, joints, and blood vessels. Outlined below are foods to avoid on account of their high phosphorus content, as well as foods that are permissible.

AVOID:

Cocoa, low-fat yoghurt, dried vegetables and fruits, garlic, chocolate, cheese, black beans, red beans, black-eyed peas, sardines, beef, liver.

ALLOW:

Coffee, apple juice, grape juice, ginger ale, cranberry juice, white bread, watermelon.

JUICY CRANBERRY & WATERMELON SMOOTHIE

Make this refreshing and healthy smoothie on a hot day.



Ingredients

2.5 cups watermelon
1/4 cup of lemon or lime juice
1 cup cranberry juice
1 cup of water

Preparation

- 1 Place the watermelon, lemon or lime juice and cranberry juice in a blender and blend until smooth
- 2 Half-fill your glass with ice cubes.
- 3 Pour the watermelon mixture into the cup to enjoy a refreshing drink





LUNCH



FOOD TIP #2



Vegetables are high in potassium, but they can be prepared in a special way to reduce the amount of potassium in them.

This is a process known as LEACHING.

To leach your vegetables, follow these instructions:

- Peel and place vegetables in cold water
- Rinse in warm water for a few seconds
- Soak your vegetables for a minimum of two (2) hours in warm water (water volume should be 10x the volume of the vegetables; if you plan to soak for longer, change the water every four (4) hours).

YUMMY SEAFOOD OKRA SOUP



Ingredients

- 10 medium-sized okra
- 1¼ cooking spoons of palm oil
- 1 tablespoon of ground pepper
- 1 cup of blended pepper
- 2 cups of water
- ¼ cup of crayfish (grounded)
- ½ cup of stockfish (panla)
- shredded vegetables of choice
(ugu or kale)
- food seasoning cubes for taste

Directions

- 1 Wash and clean your okra, and blend it with a little water, being careful to not use too much water. Leach your ugu leaves in water.
- 2 Add 2 cups of water into a pot, put in the palm oil, food seasoning cubes, pepper, stockfish, and pepper.
- 3 Cook the ingredient between 6 to 10 minutes, then add the crayfish and leave it to cook for a few minutes (3-5 minutes).
- 4 Removing the fish from the soup, add in the blended okra and ugu leaves. Reduce the heat and let the okra soup simmer for 4 minutes.
- 5 Enjoy your seafood okra soup with any swallow of choice.



DINNER



FOOD TIP #3



Avoid salty meats like hot dogs, ham, bacon, and canned meats.

PLANTAIN PORRIDGE



Directions

- 1 Using a medium-sized pot, add in palm oil and onions to cook on medium-high heat.
- 2 Once the redness of the palm oil starts to lessen, add in seasoning cubes, ground pepper, curry, peppers, and crayfish, while carefully stirring.
- 3 Add in the blended pepper and cook for 20 minutes. Add in the chopped plantains with 2 cups of water and cook for another 20 minutes.
- 4 Lower the heat, and stir the pot to ensure that the plantains are fully coated.
- 5 Enjoy your plantain porridge with any protein of your choice.

Ingredients

- 3 unripe plantains chopped
- 1 cup chopped onions
- 2 tbsp palm oil
- 2 seasoning cubes
- ½ tsp ground pepper
- ½ tsp curry
- 3 habanero peppers diced
- 1 tbsp blended crayfish
- 2 cups water
- 2 cups of blended pepper

AWARDS

01.

ACKNOWLEDGEMENTS

Recipes compiled with advice from nephrologists, doctors, and dieticians under Avon Medical Practice.

Other sources include the National Kidney Foundation, Fresenius Kidney Care, and Davita Kidney Care.

Images sourced from Pexels.

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DISCLAIMER

1. Please ensure to cook while following proper kitchen safety regulations
2. Use your best judgement to find substitutes for ingredients you are allergic to.
3. The recipes in this book are to be used as a guide. Kindly consult with a licenced dietician to create a more specialized haemodialysis diet that will be tailored to your condition.

ABOUT AVON MEDICAL PRACTICE



Headquartered in Lagos, Avon Medical offers an extensive range of facilities including a full-service hospital, multiple on-site clinics across Nigeria, a state-of-the-art dialysis centre in Ikeja, Lagos, a reputable pharmacy, a laboratory, and an online teleconsultation platform.

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