



Diet for Renal Disease and Edema

腎病(水腫)飲食禁忌(英文)

In clinic, patient with kidney disease had some syndromes according the theory of Traditional Chinese Medicine. Different syndromes had different type of food taboos.

What are “cold features” and the diet precautions ?

Patients’ conditions include: pale complexion, fear of coldness, whitish tongue or wet reddish tongue, and deep fine weak pulse.

- Avoid : icy foods, sweet potato leaf, daikon, napa cabbage, cucumber, bitter melon, luffa, winter melon, star fruit, tangerine, watermelon, pear, banana, coconut, grapefruit, pomelo, bell fruit, crab, duck, and goose.
- Note : the aforementioned vegetables and fruits often contain high potassium; avoid having creatinine exceeding 6.0 mg.

What are “heat features” and the diet precautions ?

Patients could suffer from acne, reddish complexion, sleeping difficulty, and dry hard stool.

- Avoid : icy foods, star fruit, lonyan, lychee, mango, durian, sweetmeats, fat, mature ginger, pepper, scallion, garlic, chili pepper, cinnamon, star aniseed, sichuan pepper, mutton, dog meat, beer, wine, coffee, curry, and deep fried foods.

What are “yin deficiency features” and the diet precautions ?

Reddish tongue, thirst, thinness, and dry hard stool.

- Avoid : icy foods, star fruit, longyan, lychee, mango, durian, sweetmeats, fat, mature ginger, pepper, scallion, garlic, chili pepper, cinnamon, star aniseed, sichuan pepper, mutton, dog meat, alcohol, coffee, curry, and deep fried foods.

What are “dampness- heat features” and the diet precautions ?

Fatness, leg edema, and reddish tongue.

- Avoid : icy foods, star fruit, longyan, lychee, mango, durian, sweetmeats, fat, mature ginger, pepper, scallion, garlic, chili pepper, cinnamon, star aniseed, sichuan pepper, mutton, dog meat, alcohol, coffee, curry, and deep fried foods.

What are “phlegm- dampness features” and the diet precautions?

Much phlegm and tongue with white greasy coating.

- Avoid : icy foods, star fruit, mung bean, pork trotter, sea cucumber, abalone, shark fin, and pig knuckle meat.

What are “ spleen deficiency features” and the diet precautions ?

Abdominal distention and easy diarrhea.

- Avoid : icy food, sweet potato leaf, daikon, napa cabbage, cucumber, bitter melon, luffa, winter melon, star fruit, tangerine, watermelon, pear, banana, coconut, grapefruit, pomelo, bell fruit, crab, duck, and goose.

Is there any restriction on salt intake?

- The daily amount of salt must be less than 5 grams.

若有任何疑問，請不吝與我們聯絡
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