

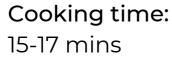








Choley with palak



Serves:
1 quarter bowl









- Green leafy vegetables can be added to the diet of patient's post-kidney transplant as they no longer need strict potassium restrictions
- As green leafy vegetables are good sources of vitamins and minerals, they should be preferred post kidney transplant





















Choley with palak

Additional tips:

• You may prefer green leafy vegetables with other pulses too like chana – green or brown variety



Nutritional information/ serving:



Proteins (g)	Fats (g)	Carbohy drates (g)	Calories (kcal)	Sodium (mg)	Potass- ium (mg)	Calcium (mg)	Phospho- rus (mg)
4.7	3.7	10.2	100.6	39	667.8	95.1	77.5











