

Suitable foods rich in fermentable fiber for renal patients



3 tablespoons of Cabbage



8 Brussel Sprouts



2 spears of Broccoli



1/4 cup peas



1 medium Onion



7 slices of Beetroot



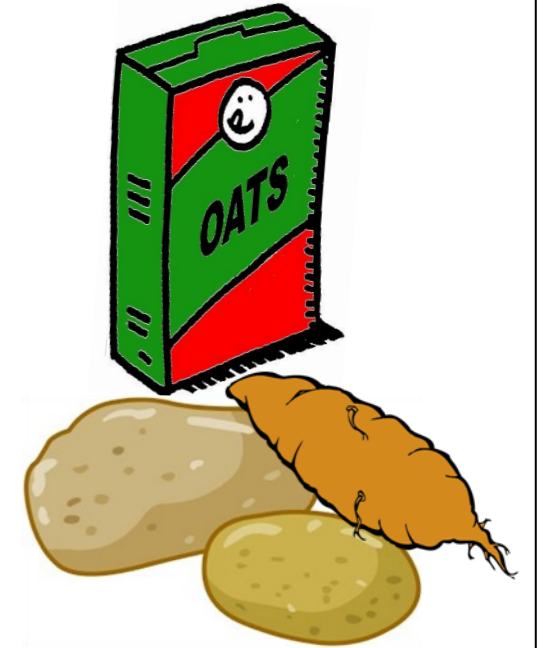
1 Cob or 3 tablespoons of Sweetcorn



1 Pear



3 Plums



Cooked, cooled, reheated



3 tablespoons of Green Lentils



3 tablespoons of Kidney Beans



3 tablespoons of Chick Peas



Italian & rye bread



75 grams of Wholemeal Spaghetti