

Summary

This study was undertaken with a view to providing an inexpensive, low-protein diet for dietary therapy in chronic renal failure, based on ingredients which are easily available in the West Indies. The menu included modifications of traditional and other recipes. Chemical analyses were conducted on the raw and cooked ingredients. The initial diet provided 24.4-26.7 g protein and 2691-2879 Keals/day and the final diet incorporating patients' suggestions provided 29.3-37.5 g protein and 2559-3135 Keals/day.

Patient trials using 3 volunteer out-patients from the Renal Clinic of the University Hospital of the West Indies were conducted to assess the degree of adherence to the diet and its effectiveness. These patients were diagnosed as suffering from chronic renal failure. Adherence was assessed by using the 24-hour dietary recall method and by comparison of the volunteer's blood urea:creatinine ratios with reference ratios for uraemic patients established on low protein diets and on normal diets. Assessment of effectiveness was based on changes in their subjective symptoms and blood chemistry. Over the period studied, two of the patients adhered to the diet and showed improvement in uraemic symptomatology and blood chemistry. The third did not adhere closely to the diet and therefore her improvement could not be assessed.

The very low protein diet achieved by omitting eggs and milk from Menu I was used in a study of the kinetics of urea metabolism and recycling. Five investigations have been carried out to date and these results will be reported elsewhere.