



**South Somerset and Dorset Kidney Unit
Department of Nutrition and Dietetics**

How to Enrich your Food For Kidney Patients



Dietitian:

Date:

Contact number:

Introduction

The aim of this leaflet is to provide practical tips to help you to increase your dietary intake and build yourself up.

Getting enough protein and energy (calories) in your diet can be difficult for those with kidney disease. If you have kidney disease, your kidneys are not removing the waste products from your blood as effectively. An increase in waste products in your blood can lead to poor appetite, taste changes, nausea, vomiting, fatigue and changes in bowel habits.

This advice may be helpful if you find it difficult to maintain your weight. It is important to look out for other signs that you have lost weight, such as your watch or rings being looser, your clothing being looser or you needing to make new holes in your belt.

Preventing weight loss and eating enough energy to meet your body's needs can lead to increased mobility, increased independence maintaining daily activities, improved wound healing and decreased risk of infections.

Your dietitian may have given you individualised dietary advice, so please ensure that you continue to follow this advice but contact them if you have any specific queries.

If you are taking phosphate binders, you may need to take an extra binder if you are having snacks between meals, but your dietitian will be able to advise you on this.



Tips

Little and often

Small portions, more frequently, can be helpful if you have a small appetite and cannot manage big meals. Aim to eat or drink something nutritious six times each day, ie breakfast, mid-morning, lunchtime, mid-afternoon, evening meal and bedtime.

Everyone's appetite varies between good and bad days and from hour to hour. Make the most of the good times by eating well and treating yourself to your favourite foods.

Keep active and get some fresh air daily

If you have lost your appetite, you may find that getting a little fresh air each day can help to stimulate your appetite. Having a little exercise or keeping physically active (within the limits of your personal capability) each day can also help improve your appetite.

Fortifying your food with extra energy and protein

Milk: Use full fat milk and full fat dairy products rather than the reduced fat varieties on your cereals, in drinks and cooking.

Breakfast: Use full fat milk and add sugar, honey or golden syrup freely to cereals. Spread jam, unsalted butter, peanut butter or honey thickly on bread, toast and crumpets. Or add a boiled, fried or poached egg to your toast.

Meat, poultry, fish and pulses: These foods are very nutritious and are a good source of protein. You need to have protein foods at least twice per day.

Sauces made with full fat milk such as cheese, white, or parsley sauces will add extra protein and energy.

Vegetables: Melt unsalted butter, margarine or olive oil on top of hot vegetables. You may also like to add some grated cheese for extra calories and protein.

Sauces such as cheese or white sauce can be added to cauliflower, leeks and marrow.

Potatoes: Potatoes can be fortified by adding unsalted butter or margarine, full fat milk, cream, and/or grated cheese on top.

If you are following a low potassium diet, you should ensure that your potatoes are boiled in water and the water is not used to make sauces or gravy. Avoid instant mash, or other ready-made potato products such as oven chips or croquettes.

Desserts and puddings: Desserts and puddings are a great way to increase energy and protein in your diet.

Have a dessert after at least one of your meals each day eg milky puddings, fruit pies and crumbles or meringues. If necessary, wait a while between the main course and dessert.

Add custard, ice cream or cream to puddings.

Use sugar or honey liberally.

Make instant desserts, custard and milk puddings with full fat milk.

Thick and creamy yoghurts or fromage frais are also good options.

Drinks: Milky drinks are more nutritious than water, squash, tea or coffee.

Use full fat milk when making drinks.

Milkshakes are a useful source of energy and protein and make very good snacks between meals.

Use sugar-based drinks such as full sugar squash, lemonade, energy drinks or fresh fruit juices.

Ensure these are included within your fluid allowance.

Snacks: Eating small snacks between meals can boost the amount of energy you take in each day.

Keep snacks like biscuits, sweets, sugared or buttered popcorn, corn or maize-based crisps (eg Skips, Quavers, Doritos, Nik Naks etc) handy to nibble between meals. Check the labels for potassium.

Remember to avoid any snacks containing dried fruit, nuts, potassium-containing additives or chocolate if you are following a low potassium diet.

Eat sweets eg mints, boiled sweets, marshmallows or Turkish delight.

Other:

Adding mayonnaise or salad cream to your food will also add extra energy.

Use oil-based dressings on salads.

Use additional oils in cooking.

Feeling sick

The smell of food cooking can make some people feel sick so, if someone can help out, let them do the cooking.

Cold foods such as sandwiches or picnic-style foods can help.

Avoid greasy or fatty foods.

Try eating dry or bland foods, such as cereal or toast.

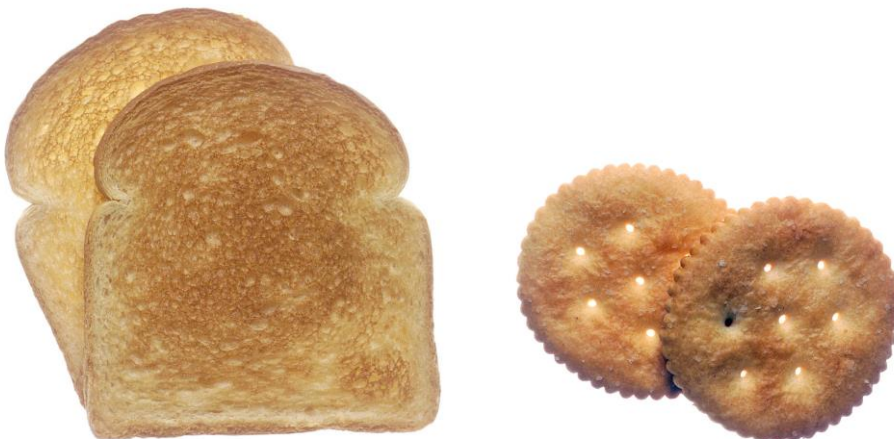
Try eating a dry food, such as a biscuit, cracker or toast first thing in the morning before you get up.

Ginger biscuits may help.

Take sips of fizzy drinks as these can help with feeling sick. Try sparkling water, ginger ale or lemonade.

Go out for meals.

If feeling sick is an ongoing problem, ask your nurse or doctor about anti-sickness medications.



Too tired to cook

This may be a time to think about making use of takeaway meals and convenience foods. Ready meals can help to ensure that you do not miss a meal due to fatigue. Supermarkets do a wide range of ready meals that are available both fresh and frozen. Tinned products such as fish and meat can be useful to have in your cupboards for a quick meal. Ready meals do not have to be expensive and will save you time, reduce food waste and reduce cooking fuels.

Examples of quick meals:

Toast with jam, butter, honey, cheese, poached or scrambled eggs, sardines, pilchards, mackerel or pate. If you have a sandwich toaster, try different fillings eg ham and cheese, tuna and cheese or tuna and mayonnaise

Filled omelette: Ham or cheese.

Filled sandwiches and rolls: Cheese, cheese spread, tuna, salmon, fish fingers, eggs, cold meat (eg ham, chicken or beef), bacon, hummus, jam or marmalade.

Instant frozen and microwave meals: A huge variety of meals are now available in single portions eg roast dinners, pasta dishes, curries, pies and paella. Frozen meals will last longer and may even be cheaper. Avoid the “slimming” varieties to ensure that you get the most energy from them.

Buffet or finger foods: Keep a supply of foods you like to eat, eg chicken legs, cocktail sausages, sausage rolls, pasties, pies, quiches, flans, scotch eggs and dips. These are ideal to graze on throughout the day.



Useful foods to keep at home

Below is a list of foods you may like to keep in your kitchen, depending on your likes and dislikes.

In the cupboard:

- Long life milk (UHT)
- Tinned macaroni cheese, spaghetti Bolognese, stew, ravioli etc
- Tinned meat and fish eg tuna, sardines and pilchards
- Tinned vegetables and potatoes
- Tinned fruit
- Tins or cartons of milk pudding, custard or rice pudding
- Snacks eg corn or maize crisps, biscuits and sweets
- Sweet and savoury biscuits (avoiding any containing dried fruit, nuts or chocolate)
- Variety of breakfast cereals (avoiding those containing dried fruit or nuts)
- Jams, marmalade and lemon curd
- Cakes eg cream cake, light fruit cake, scones, teacakes, croissants

In the fridge:

- Full fat milk
- Eggs
- Yoghurt, fromage frais, crème caramel and desserts, especially the thick and creamy varieties
- Cheese, including cream and hard varieties
- Flans, quiches, pasties and pies
- Cooked meats eg ham, chicken, roast pork or roast beef

In the freezer:

- Ready meals eg pies, lasagne, roast dinners, fish fillets or fish fingers, cod in cheese or parsley sauce
- Frozen vegetables
- Frozen desserts
- Ice cream



Nutritional Supplements

Your dietitian may discuss nutritional supplements with you if they feel you may benefit from them.

Once you are feeling better and eating well, you should go back to your usual healthy eating diet. Do contact the dietitians to let them know how you are.

Contact Numbers:

We hope that you have found this information useful. If you have any questions or are worried about anything, please speak to the following Dorset County Hospital Staff:

Department of Nutrition and Dietetics: Telephone: 07833 484301 / 01305 255377

Or email: kidneydietitians@dchft.nhs.uk

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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