

## Kidney Disease

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### Ideas to help you maintain or gain weight if you have Diabetes & Kidney Disease

*'This dietary advice sheet provides general information to help you change your diet. If you want more detailed advice or are following other dietary restrictions and need guidance, please ask your doctor to refer you to a registered dietitian'.*

**If you are on a fluid restriction, ask your dietitian how to combine this with the fluid advice you have been given.**

**Foods marked with a \* are high in potassium.**

**If the potassium level in your blood is high, limit these foods.**

In order to maintain or gain weight, you need to eat enough calories (energy). Calories come from protein foods (meat, fish, eggs, pulses, nuts), starchy foods (bread, potatoes\*, pasta, rice and breakfast cereals) and fats/oils (butter, spreads and cream).

#### Eating Pattern

- Aim for 3 small meals each day with 2-3 snacks or nourishing drinks in between. This can be easier to manage than 3 large meals.
- Meals and drinks should be high in calories and protein to meet your daily requirements.
- Try to fill up on the higher protein/calorie foods before foods with a lower calorie content.
- Drinks, snacks and meals can be enriched to make them more nutritious, without increasing the quantity (*see ideas below*).

#### Ideas to enrich your food

##### Cheese

Grated hard cheese/soft cheese/cream cheese are all suitable

- Mix into scrambled eggs
- Mash into potatoes
- Use to make sauces for fish, pasta or vegetables
- Sprinkle grated cheese on top of pasta and vegetables

##### Cream

All types of cream are suitable

- Add to porridge, sauces and puddings
- Use as a topping for cereal and fruit\*
- Use in coffee\*/hot chocolate\*
- Add to milkshakes

- Add to milky puddings or yogurt

### **Butter/spread/margarine**

- Spread thickly on bread, crackers, toast and croissants
- Melt onto vegetables\*/pasta/rice
- Mash into potatoes\*
- Add to scrambled egg

### **Oil**

- Choose vegetable/rapeseed oil for cooking and olive oil if not heating
- Fry foods e.g. vegetables, fried bread, fish, eggs, potatoes\*
- Roast potatoes\* and vegetables in oil
- Drizzle oil or salad dressings on salads, vegetables and fish

### **Other**

- Mayonnaise, salad cream and cream/vinaigrette salad dressings
- Pesto
- Peanut butter\*

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#### High protein food choices

Try to eat some protein rich foods at every meal. These include milk, meat, fish, cheese, eggs, nuts\*, beans\* and lentils\*, Quorn and tofu.

Aim for at least 300ml (half a pint) of milk a day. (Whole/full cream/silver top milk is higher in energy than skimmed or semi-skimmed)

#### Savoury snacks

- Toast topped with cheese, baked beans\*, sardines or egg
- Cheese and crackers with butter or margarine
- Sandwiches (i.e. ham, egg, cheese, fish)
- Baked potato\* with baked beans\*, cheese, fish, chilli or egg
- Omelette with meat, fish, cheese
- Bread sticks dipped in hummus, mackerel pate or cream cheese
- Nuts\*

#### Nourishing Drinks

- Milk
- Malted drink\* or reduced sugar hot chocolate\* - made with milk. Cream could be added for extra calories.
- Protein-containing soup (e.g. Pea and Ham, Oxtail, Farmhouse Broth, Lentil) with croutons and buttered roll (add cheese for extra calories and protein).
- Avoid packet soups eg Cup-a-Soup-these are high in salt and provide very few nutrients

#### Other high calorie snacks

Choose 'full fat' products (e.g. yogurts, spreads). Avoid foods which are labelled reduced fat/low fat or 'light'.

- Pancakes; either sweet or savoury
- Cheese scone and butter/spread
- Cream cheese on bagels, muffins or pitta bread
- Cheese straws
- Thick & creamy yogurt, fromage frais, mousse or any other individual pot dessert (check there are no more than 10g carbohydrates per 100g).

Optional extra: stir in 1-2 tablespoons of cream.

- Low sugar milk puddings such as rice pudding, custard, semolina, tapioca, instant whip
- Bowl of cereal with milk
- Biscuits such as digestive, oat\* or ginger
- Scone, teacake, malt loaf\*, crumpets or muffins. Top with butter and/or cheese
- Potato crisps\*, corn or maize snacks
- Garlic bread
- Bread dipped in olive oil (and balsamic vinegar)
- Croissants
- Waffles topped with fruit\* and yogurt
- Dried fruit\* (can be added to cereal or milk puddings or eaten as a snack)