

## Kidney Disease:

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

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*'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 (eg bread, potatoes\*, pasta, rice, breakfast cereals) and fats/oils (eg butter, spreads, 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 lower calorie contents.
- 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

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

puddings

- Use as a topping for cereal and fruit\*
- Use in coffee\*/hot chocolate\*
- Add to milkshakes
- Add to milky puddings or yogurt

##### **Other**

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

- 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

## **Sugar**

Sugar, jam, marmalade, honey, syrup are useful ways to add calories

- Use plenty on toast, croissants etc
- Add to drinks, smoothies and milkshakes
- Add to breakfast cereals, porridge, stewed fruit\*, desserts, puddings or yogurt

Patient Information Leaflet for: Ideas to help you maintain or gain weight if you have kidney disease

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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

- Milkshake - try adding fresh fruit\* and ice cream for a thicker shake
- Malted drink\* or hot chocolate\* - made with milk.
- Marshmallows and cream could be added for extra calories.
- Protein-containing soups (e.g. Pea & 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, English muffins or pitta bread
- Cheese straws
- Thick and creamy yogurt, fromage frais, mousse or any other individual pot dessert
- Milk puddings such as rice pudding, custard, semolina, tapioca, instant whip
- Bowl of cereal with milk and sugar
- Biscuits such as digestive, custard cream, oat\* or ginger
- Scone, teacake, malt loaf\*, croissants, English muffins. Top with butter, jam, honey or cheese
- Potato crisps\*, corn or maize snacks
- Garlic bread
- Bread dipped in olive oil (and balsamic vinegar)
- Jelly with cream or ice cream
- Cakes, such as cream cake, flapjack\*, sponge, croissants, doughnuts or iced fingers
- Waffles with honey/maple syrup and ice cream or cream
- Jam tarts
- Dried fruit\* (can be added to cereal or milk puddings or eaten as a snack)

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