

Kidney Disease: Ideas to help you maintain or gain weight

'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'.

To maintain or gain weight, it helps to eat a balanced diet, with enough **calories** (energy). Calories come from **starchy** foods e.g. bread, potatoes*, pasta, rice and cereal. It is also important to include **protein** foods e.g. meat, fish, eggs, pulses, nuts and some **fats and oils** e.g. butter, spreads and cream. The following suggestions are aimed to improve your nutritional intake.

- Food or drinks marked with a * are high in potassium. The dietitian will advise you if they need to be limited
- If you are following a fluid restriction, the dietitian can help you combine this with the fluid advice that you have been given

Ways to improve dietary intake

- Try to eat 'little and often': aim for three small meals daily plus snacks or nourishing drinks
- Choose food and drinks that are high in calories and protein
- Have higher calorie/ protein food and drinks before ones with lower calorie/ protein content
- Fortify snacks, meals and drinks to make them more nutritious
- Meal preparation: cook in bulk and freeze into individual portions
- Consider meal delivery services if you experience difficulties with meal preparation: Ask the dietitian or social worker about this

Ideas to fortify food/ drinks		
Cheese - hard, soft, cream type	Oil - vegetable/ rapeseed, olive	Butter/ Spread/ Margarine
<ul style="list-style-type: none"> • Mix into food e.g. scrambled eggs, mashed potatoes • Add to sauces e.g. fish, pasta or vegetables • Sprinkle cheese onto food e.g. pasta and vegetables 	<ul style="list-style-type: none"> • Fry or roast foods in oil e.g. potatoes*, meat, fish, vegetables, eggs • Drizzle oil e.g. bread, salad, vegetables 	<ul style="list-style-type: none"> • Spread thickly e.g. bread, toast, muffins, scones and croissants • Melt/mix into food e.g. pasta, rice, potatoes*, vegetables, scrambled eggs
Cream - all types	Sugar - honey, jam, syrup	Other
<ul style="list-style-type: none"> • Add to cereal, desserts/puddings, yoghurt, sauces, fruit*, coffee*, hot chocolate* 	<ul style="list-style-type: none"> • Add to drinks, smoothies*, milkshakes*, cereal/porridge, yoghurt, desserts/puddings, fruit* • Spread on toast, croissants 	<ul style="list-style-type: none"> • Have full-fat milk*, milk puddings and yoghurts • Add mayonnaise, salad cream, creamy vinaigrettes/ dressings, pesto, peanut butter*

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Snack Meals

- Cheese/ Egg/Baked beans*/ sardines on toast
- Crackers with butter and cheese
- Sandwich with egg/ cheese/ meat/ fish
- Bowl of cereal with milk and sugar
- Sausage roll/ Cornish Pasty/ meat pie/ quiche
- Omelette with meat/ fish/ cheese
- Jacket potato* with cheese/ fish/ chilli/ baked beans*
- Macaroni cheese
- Falafel with houmous
- Mini pizza/ slice of pizza

High Calorie snacks

Sweet

- Thick and Creamy yoghurt, mousse or fromage frais
- Biscuits e.g. digestive, custard cream ginger nut, shortbread, Nice, Rich Tea, Jam filled, Bourbons
- Cakes e.g. Sponge cake with cream, butter cream or icing, doughnuts, flapjack, egg custard, Viennese Whirl, iced bun, crème caramel
- Jam tart
- Scone with cream and jam
- Tinned fruit/ jelly with cream or ice-cream
- Sweet pancake or waffles with honey/ syrup and cream or ice-cream
- Milk pudding e.g. rice pudding, semolina, tapioca, custard, instant whip desserts
- Fruit tart/ pie*
- Sweets e.g. marshmallows, jelly, boiled, pastilles, mints or chocolate*

Savoury

- Croissant, crumpet, bagel, English muffin, chapatti with butter
- Cheese straws
- Bread sticks
- Crackers: cream, Ryvita, oat cakes, rice cakes with cheese
- Cheese scone with butter/ spread
- Savoury pancake
- Bread dipped in olive oil and balsamic vinegar
- Crisps* potato, corn or maize
- Garlic bread
- Nuts*
- Samosa, pakora, bhaji
- Scotch egg, mini pork pie

Nourishing Drinks (please include as a part of your fluid allowance if you have one)

- Full-fat/ whole milk* (blue/silver top)
- Milkshake* with added cream or ice-cream
- Hot chocolate* made with full-fat/ whole milk*
- Malted drink* made with full-fat/ whole milk*
- Tinned/ homemade soup with added protein sources e.g. meat, cheese, lentils