

Kidney Disease: Lose Weight, Feel Great – Advice for those with Kidney Disease

This dietary advice sheet gives some general information to help you make the recommended changes to your diet. If you need more detailed advice, or if you are following a special diet that makes it difficult to make these changes, please ask your doctor to refer you to a registered dietitian.

Being slightly overweight can offer some health benefits in kidney disease. However, if you have diabetes and want to improve your blood sugar control or if you hope to have a kidney transplant you may have been advised to diet. Alternatively, if you are on peritoneal dialysis and are finding your weight creeping up, you may want to lose weight. If you have kidney disease it is important that any diet you choose to follow contains the right amounts of protein, vitamins and minerals. Many popular diets claim rapid results but involve following unbalanced diets (often with high potassium and or phosphate content or excluding whole food groups) – these may not be suitable for you. The information provided here will help you to lose weight while still enjoying your food and keeping your blood levels safe.

Kidney Disease: Lose Weight, Feel Great - Meal Ideas

Include daily:

- 2 portions of fruit and 2 portions of vegetables or salad
- 200ml (1/3 pint) low-fat milk (skimmed or semi-skimmed)
- Meat/fish or other protein foods as per your recommended portions

Include weekly:

- up to 4 eggs
- up to 180g (6oz) cheese
- 3-4 small low calorie yogurts e.g. Muller Light, Weight Watchers, Onken Lite

Average portions

recommended per meal:

Bread: 2-3 small-medium slices
Potatoes: 180g (6 oz) (no more than 1 serving per day)
Rice/pasta: 60-90g (2-3oz) dry weight

Remember to include any 'wet' foods as part of your daily fluid allowance.

Breakfast ideas

- 30–45g (1-1½ oz) porridge cooked with milk or cereal eg Puffed wheat, Shredded Wheat, Shreddies, Weetabix, Special K, Rice Krispies, Corn Flakes with skimmed or semi-skimmed milk or
- 2 slices toast or 1 bagel or 1 English muffin with thin scraping of butter, margarine or low-fat spread and:
 - wholegrain low sugar peanut butter or o boiled, poached or scrambled egg or
 - thin spread of jam or marmalade
 - natural low fat yoghurt with half banana

Lunch Ideas

- 2 slices bread /1 pitta bread /1 medium roll / 3 crisp bread / 1 large tortilla wrap /1 bagel filled with:
 - Cheese, cream cheese, cottage cheese
 - Meat e.g. chicken, turkey, beef, pork, corned beef
 - Fish e.g. tuna (+sweetcorn), salmon (+cucumber), prawns & mayonnaise
 - Egg and cress
 - Hummus
 - Quorn meat alternative OR
- Toasted sandwich with cheese or tuna
- Beans or egg on toast
- Homemade soup (containing meat, beans or lentils) with 1-2 slices bread
- Mixed salad with meat, fish, Quorn (if following a potassium restriction see '*Fruit and Vegetable portions on a low potassium diet*' for salad ideas).

Main Meal ideas

Choose 2 slices bread/1 pitta/ 180g/ 6oz potatoes, 60-90g/ 2-3oz rice or pasta, noodles with:

- Grilled, poached or oven baked fish (e.g. haddock, cod, plaice, salmon) with lemon juice and herbs

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Page 1 of 2

- Mixed meat or fish and veg kebab with peppers, courgettes, onion and yoghurt & garlic marinade
- Roasted lean meat e.g. chicken, turkey, beef
- Pasta with home-made bolognaise sauce (extra lean mince, tinned tomatoes, onion, peppers, mixed herbs)
- Beef or chicken casserole
- Stir fry: chicken/pork/beef/Quorn/tofu e.g. with beansprouts, spring onions, peppers
- Curry: Chicken, lamb, beef, vegetables (par-boil vegetables and potatoes first and use very little oil).
- Sweet and sour pork or chicken with carrot, pepper, courgette, onion, pineapple