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Chinese Haemodialysis - Protein in your Diet

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Leaflet provided by:

Name.....

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Your body needs protein to maintain healthy muscles, skin, hair etc. It is important that you eat protein rich foods daily.

Protein rich foods include: fresh meat/fish/eggs/tofu/chicken/duck.

If at any time your appetite is poor contact your dietitian.

They will advise you on ways to improve your intake. Nutritional supplements are also available if necessary.

Foods allowed freely

Cereals Most breakfast cereals (except All Bran – see foods to avoid), wheat, maize, corn, rye, millet, barley and food made from them (see meal plan), rice, noodles

Drinks English or Chinese tea, fizzy drinks, squash, water, alcohol (spirits), brandy, whisky, gin, vodka

Sweets Boiled sweets, mints, chewing gum, pastilles

Foods to avoid

Fruits Large bananas, durian, avocado pear, pomegranates, all dried fruits, all fruit juices

Nuts All types including coconut, water chestnuts

Seeds All types

Vegetables Bamboo shoots, artichoke, fresh boiled Chinese (amaranth) leaves, seaweed

Dried/fresh/fried mushrooms – all types
Steamed/braised/fried potato – all types, taro (leaves), lotus roots

All vegetables juices

Rich tomato products, e.g. tomato puree

Canned vegetables are lower in potassium but contain large amounts of salt and should be avoided.

Cooking methods for vegetables

Avoid steaming, microwaving, pressure cooking, frying.

Suggested meal plan

Breakfast

Cereal and milk (from allowance) **or** Bread and butter/margarine/marmalade/Jam/egg **or** Boiled noodles, congee and Boiled vegetables/fresh meat/fish

Lunch (hot meal)

- _____ fresh meat/poultry/fish
- _____ tablespoons boiled vegetables or small side salad
- Boiled rice/noodles
- 75g fresh fruit **or** tinned fruit without juice **or** cold snack
- Bread/rolls filled with egg/fish/meat with or without salad

Evening Meal (hot meal)

As lunch

Daily milk allowance: 284ml
(cow's or soya milk)

Drinks: English or Chinese tea, fizzy drinks, squash, water

Remember: keep to your daily fluid allowance (if applicable)

Snacks: (for in-between meals)

Savoury: Corn or maize crisps, rice cakes, plain dumplings, prawn crackers, spring rolls filled with carrots and beansprouts

Sweet: Plain biscuits, cakes, buns, Doughnuts, jam pastries, candied popcorn

To help prevent Constipation

- Eat your fruit and vegetable allowance daily
- Eat wholegrain bread/cereals

The information given is general. Your dietitian will advise you on your individual diet.

Flavourings to avoid

Red chilli peppers, soya sauce, barbeque sauce, salt substitutes, e.g. Losalt, Ruthmol, Marmite, Bovril.

Foods to avoid

Cereals All Bran, bran buds, farmhouse bran, sultana bran, soya flour products

Snacks **Savoury:** Cakes/buns/dumplings filled with beans, paste/seeds/nuts/shellfish, Bovril/Marmite/nut butter, e.g. on bread/crackers, potato crisps, tempeh (soya bean cake).

Drinks **Sweet:** Chocolate and any foods containing it.
Malted drinks, e.g. Horlicks, Ovaltine, cocoa, fruit and vegetable juices, evaporated, condensed, dried milk, coffee.

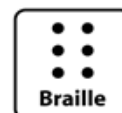
Soups made from beans and other vegetables.

Beer, lager, cider, wines, sherry

Contact Details:

Dietitian Name: _____

Telephone number: (0151) 529 3473

**If you require a special edition of this leaflet**

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906**Email: interpretationandtranslation@aintree.nhs.uk**