

A Guide to Eating Well with a Small Appetite (Kidney Problems)

Introduction

A poor appetite is a common problem for kidney patients.

Why does this matter?

- This can lead to a loss of weight and energy.

Helpful tips for dealing with a poor appetite

It is important to eat a nourishing diet. This may mean eating foods that are not usually recommended. For example, it is better to use full fat milk.

When to eat

- It is better to eat small amounts every 2-3 hours than have two big meals a day.
- Try to have nourishing drinks or snacks in-between your meals.

Breakfast ideas

- Porridge Oats made with milk and double cream.
- Weetos, Weetabix, Cornflakes, Bran Flakes, Rice Krispies, Shreddies, Sugar Puffs with full fat milk from allowance.
- Fried, boiled, scrambled or poached egg on buttered toast.
- Toast, croissant or bagel spread thickly with butter, jam, marmalade, honey or lemon curd.

- French toast/eggy bread.

Adding extra nourishment

- Use full fat milk with cereals.
- Use full fat margarine or butter on bread and spread thickly.
- Add sugar or honey to breakfast cereals.
- Try adding double cream or crème fraîche to porridge and cereals.

Light meals/snacks

If you appetite is small try the following easy to prepare snacks instead of a cooked meal

- Sandwich or small bread roll filled with egg, tuna, cream cheese, meat or poultry.
- Toasted sandwich with egg, cheese, tuna or salmon (no bones).
- Crackers or bread sticks with cream cheese.
- Oatcakes, Melba Toast with cream cheese.
- Fish finger sandwich.

Adding Extra Nourishment

- Use full fat margarine or butter on bread and spread it thickly.
- Use full fat mayonnaise in sandwiches.

- To potatoes try adding, cream, grated cheese, full fat fromage frais
- To sauces try adding, cheese, cream, milk powder, ghee, butter/margarine
- To soups try adding, grated cheese, croutons, dumplings, noodles/pasta, cream, milk powder
- To vegetables try adding, butter/margarine, cheese/parsley sauce

Snack/pudding ideas

Try to include a pudding or snack twice a day. Choose from the following ideas:

- Cakes: e.g. plain, jam or cream sponge, madeira, jam tart, doughnut, meringues, cream cakes, crème caramel, iced buns.
- Biscuits: e.g. custard creams, digestives, jammie dodgers shortbread, Nice biscuits, ginger nuts, wafers.
- Desserts: e.g. tinned fruit in syrup, fruit pie, crumble or fruit flan, jam sponge, arctic roll, lemon meringue pie, baked apple stuffed with honey, jam and sugar, milky puddings and custard.
- Home made fruit mousse idea: Whip 2-3ozs double cream, stir in 3ozs of mashed tinned fruit (drained). Add sugar to taste and chill.
- Sweets: boiled sweets, pastilles, marshmallows, sugar coated Turkish Delight, toffees.
- Crumpets, pancakes and scones (plain).

Adding extra nourishment

- Add double cream, sugar, honey or jam to puddings.
- Spread butter, jam, honey thickly on bread, toast, crumpets, pancakes, scones.



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