

## Patient information

### **Festive Food for Renal Patients**

Dietetics Department/ Therapies Speciality

#### **Introduction**

Christmas is here again and with it comes the usual indulgence in festive food and drink! Even with your special dietary needs, you should be able to enjoy the Christmas festivities.

Many foods eaten on Christmas day may contain a lot of salt and potassium. If you take care with your diet you should be able to eat the same type of foods as everyone else on Christmas day. Over the rest of the festive period you should follow your renal diet. If in doubt contact your dietitian.

#### **Festive foods high in potassium**

**On Christmas day you can treat yourself to a small portion of one of the following:**

Christmas pudding  
Christmas cake  
Chocolate log  
Mince pies  
Dried fruits e.g. dates, figs  
Chocolate  
Crisps  
Bombay mix  
Nuts  
Stollen

**The following foods contain less potassium and are alternatives to the above list of foods.**

Trifle  
Cream cakes  
Jelly  
Ice cream  
Meringues/ pavlova  
Turkish delight (without chocolate)  
Corn or maize snacks (e.g. nik naks, monster munch, wotsits, tortilla chips)  
Gateau (without chocolate, nuts)  
Shortbread  
Popcorn  
Cheesecake  
Breadsticks

## **Alcohol/Drinks- check with your doctor first**

### **Drinks high in Potassium:**

Pure fruit juice and vegetable juices, e.g. orange, apple, tomato juice

Red wine

Beer and ale

Lager and cider

Coffee

Hot chocolate/ malted drink

### **Drinks lower in potassium:**

White wine, Rosé wine, sparkling wine

Spirits e.g. whisky, brandy, vodka, gin

Sherry

Liqueurs

Fruit squash

Fizzy drinks

Flavoured water

**Remember include any of these in your fluid allowance.**

**Remember to take your phosphate binders as normal.**

**If you have diabetes some of the foods mentioned in this diet sheet may not be suitable due to high sugar content. Please discuss with your Dietitian**

## **Christmas Day- suggested meal plan**

### **Starters**

Soup e.g. chicken, oxtail, noodle

Bread with balsamic vinegar and olive oil

Deep fried mozzarella

### **Main meal**

Roast turkey, pork, beef, chicken, lamb or small portion of vegetarian alternative e.g. nut roast

Roast potatoes (pre-boiled), boiled or mashed potatoes

Small portion veg (pre-boiled) e.g. Brussels sprouts, carrots, turnip, broccoli, cauliflower, roasted parsnips

Sauces e.g. cranberry, bread, mint, apple, horseradish

Small portion gravy, stuffing, sausage or bacon

### **Dessert**

Small portion of any of the following with cream, custard or ice-cream:

Christmas pudding

Christmas cake

Chocolate log

Mince pie

## **Buffet Style Food**

Meat and salad

Sandwiches with roast meat, cream cheese, egg, tuna with or without salad.

Crackers with cream cheese

Olives

Sausage rolls

Chicken wings/ goujons/ nuggets

Scotch eggs

Spring rolls

Garlic Bread

Dough Balls

Deep fried mozzarella

Calamari

Spare ribs

Onion rings

Breadsticks

Corn or maize snacks (e.g. nik naks, monster munch, wotsits, tortilla chips)

Gateau (without chocolate, nuts)

Popcorn

Dips: Cheese and chive, sour cream and onion, Thousand island, onion and garlic

Mini Pork Pie

## **Dessert**

Trifle

Ice cream

Gateau (without chocolate, nuts)

Cheesecake

Meringues

Ginger bread

## **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further Information**

### **Renal Dietitians**

**Tel: 0151 706 3005**

**Text phone number 18001 0151 706 3005**

**renaldietitians@rlbuht.nhs.uk**

**Please include your dietitians name in subject box of email**

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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