

## Patient information

# Haemodialysis Diet

Therapies – Department of Nutrition and Dietetics

**Name:**

**Date:**

**Dietitian:**

## Introduction

### What is kidney failure?

Kidney failure is a condition in which your kidneys cannot perform their normal functions. This causes a build-up of fluid and waste products in the body and can lead to uncontrolled blood pressure and anaemia. Haemodialysis is one of the treatment options for people with kidney failure.

### What is haemodialysis?

Haemodialysis involves being connected to a dialysis machine. The machine cleans the blood of the waste products and fluid, but cannot work as effectively as a human kidney and therefore you will also need to follow a diet.

### Why is the diet important?

On the days in between dialysis sessions, waste products from certain foods build up in your blood. Eating the right foods and following the advice given in this diet sheet will help to limit the build-up of these waste products.

### What are the main dietary principles?

- Try to avoid foods high in potassium.
- Try to avoid foods high in phosphate.
- Take your phosphate binders correctly.
- Try to eat less salt.
- Keep within your fluid allowance.
- Eat regular, balanced meals and ensure that your protein intake is adequate.
- Try to keep to a healthy weight.

This diet sheet will explain how to meet these main principles.

# Potassium

## What is Potassium?

Potassium is a mineral that everyone has in their blood. It is important to ensure healthy functioning of muscles, including your heart muscle. It appears naturally in many foods and drinks.

## Why is the amount of potassium in my blood too high?

When your kidneys are not working properly they are unable to get rid of excess potassium out of your body via your urine.

## Is a high level of potassium in my blood dangerous?

It can be. If the level rises too high it may cause dangerous changes to your heart.

## What do I need to do to control my blood potassium level?

You need to follow a low potassium diet at all times in order to keep your blood potassium at a safe level.

## Cooking tips

Potatoes and vegetables are high in potassium. The way you cook them affects their potassium content. When potatoes and vegetables are cooked in water, they lose a large amount of potassium.

It is important that they are always cooked as follows:

- Peel and cut them into small pieces before cooking.
- Boil them only once in a large amount of water. Throw the cooking water away. Do not use it for making gravy, sauces or soups.
- Microwave, pressure cookers, steamers or stir-frying should not be used for cooking potatoes and vegetables from raw but can be used to reheat food.
- Parboil potatoes for ten minutes before making chips or roasting.
- Only have potatoes at one meal a day. A portion is four – five new potatoes or equivalent size per meal. Rice and pasta are lower in potassium and can be used instead.
- Other starchy foods similar to potato can be used e.g. sweet potato and yam. The portion sizes are two medium sweet potatoes or one yam the size of a medium potato.
- Avoid potato products that have not been cooked as previously described e.g.
  - Instant mash and ready meals such as fisherman's pie or cottage pie
  - Chip shop chips
  - Oven chips / roast potatoes (shop bought)
  - Jacket potatoes
  - Potato croquettes / waffles
  - Potato crisps
  - Potato curry / soups / salad

## Phosphate

### What is phosphate?

Phosphate is a mineral that is found in the food we eat. The body needs phosphate in a balanced amount to keep bones strong and healthy.

### Why is my blood phosphate too high?

When the kidneys are not working properly, the body holds too much phosphate in the blood.

### Why does this matter?

A high level of phosphate in the blood causes removal of calcium from bones. This can cause brittle bones and blockages in the arteries, which may lead to heart disease.

Symptoms of a high phosphate may include itchy skin and eyes, aching muscles and bone pain.

### What can I do to control my levels?

You will need to follow a low phosphate diet and take medications called phosphate binders.

## Phosphate Binders

### What are phosphate binders?

These are medications that help lower your phosphate level. The most commonly used phosphate binders are:

Tablet	When to Take	How to Take
Calcichew (calcium carbonate)	Immediately before a meal	Chew tablets thoroughly
Phosex (calcium acetate)	Immediately before a meal	Swallow tablets whole
Renacet (calcium acetate)	Immediately before a meal	Swallow tablets whole
Sevelamer tablets	Immediately before or during a meal	Swallow tablets whole
Renvela – powder (sevelamer carbonate)	Immediately before or during a meal	Dissolve in 60 mls of water
Fosrenol - tablets (lanthanum carbonate)	During or immediately after a meal	Chew tablets thoroughly
Fosrenol – powder (lanthanum carbonate)	During or immediately after a meal	Mix with soft food
Osvaren (calcium acetate and magnesium carbonate)	With meals	Swallow tablets whole
Velphro (sucroferric oxyhydroxide)	With meals	Chew tablets thoroughly

## How do they work?

If taken at the right time as outlined in the table above they bind with the phosphate in food when it is in your stomach. This prevents the phosphate from entering your blood stream, so keeping your blood phosphate level lower.

## Important points

- Remember to keep a supply of phosphate binders with you when eating away from home
- Always take your phosphate binders with any meals you have whilst on dialysis e.g. a sandwich
- Always take the exact dose you have prescribed.
- Phosphate binders should not be taken without food.
- If you are on iron tablets or thyroxine take these two hours apart from your phosphate binders.
- If you are having difficulty taking your binders, please contact your doctor, dietitian, pharmacist or nurse to discuss a suitable alternative.

## Salt

Too much salt in your diet can cause an increase in thirst, high blood pressure and a build-up of fluid in your body.

### Tips for reducing salt intake:

- Do not add salt (e.g. table salt, rock salt and sea salt) to your food at the table. You may use a pinch in cooking. Flavour foods with herbs, spices, garlic and lemon instead (see later section for more ideas).
- Use fewer processed/convenience foods e.g. dehydrated meals, ready meals and packet mixes
- Limit processed and smoked meat or fish. Choose fresh / frozen or roast cuts where possible.
- Limit salty snacks such as crisps, salted nuts and salted crackers.
- Bottled sauces (e.g. soy sauce, tomato sauce, brown sauce) and high salt flavour enhancers (e.g. stock cubes, gravy granules) can be used sparingly.
- Limit foods tinned in brine (salt water). Look for foods tinned in spring water or oil instead.
- Choose fresh or frozen vegetables, or those tinned in water
- Try not to have more than 4 oz (100 grams) of cheese per week.
- Avoid salt substitutes such as Lo Salt, Selora, Biosalt, Pansalt and Ruthmol. These are high in potassium and therefore, may not be suitable.

## Food labelling for salt

### Look at the Nutritional Information

Regularly checking the nutrition information on food labels can help you to choose lower salt options. Salt often appears as sodium on food labels (6g of salt is equivalent to 2.5g of sodium).

Check the label to see how much salt/sodium is in the food per 100g of product.

Nutrition		
Typical values (as consumed)	per 100g	per serving size
Energy	541kj/128kcal	2011kj/476kcal
Protein	4.9g	18.2g
Carbohydrates	20.8g	77.4g
of which sugars	1.5g	5.6g
Fat	2.8g	10.4g
of which saturates	2.3g	8.6g
Fibre	2.1g	7.8g
Sodium	0.1g	0.5g
Salt equivalent	0.3g	1.3g

Look at per 100g product

Look at the amount of salt or sodium

Then compare it against this table which outlines what is 'a little,' 'a moderate' amount or 'a lot' of salt/sodium per 100g of product.

	Little (eat freely)	Moderate (eat occasionally)	A Lot (try to avoid)
<b>Sodium (per 100g)</b>	<b>0.1</b>	<b>0.3</b>	<b>0.6</b>
<b>Salt (per 100g)</b>	<b>0.25</b>	<b>0.75</b>	<b>1.5</b>

If the label says that the product contains a 'trace' amount of sodium or salt, it means it has minimal amounts and is therefore suitable to have.

## Fluid

Your kidneys control the amount of fluid in your body. When your kidneys don't work fully, you are unable to get rid of the fluid you drink as effectively as before.

Too much fluid in your body can lead to:

- Uncontrolled blood pressure
- Swollen legs and feet (oedema)
- Breathlessness due to fluid on the lungs (pulmonary oedema)
- Extra strain on your heart

Exceeding your fluid allowance is likely to worsen dialysis-related symptoms.

### What is my fluid allowance?

Your allowance per day is **500mls plus the volume of urine you pass in 24 hours**. For example if you pass 400mls of urine in 24 hours, the amount you can drink is 500mls plus 400mls which is a total of 900mls per day.

The amount you can drink is dependent on the volume of urine you pass and may change if your urine output decreases.

### What is included in my fluid allowance?

All drinks throughout the day (tea, squash, milk, fizzy pop, nutritional supplement drinks), including the water that you use to take your tablets.

Fluids that are included in foods should be counted also (milk on cereal, gravy, soup).

### Are there any tips to help me stick to my allowance?

- Spread your allowance throughout the day
- To help quench your thirst without having a drink, suck ice cubes, boiled sweets, slice of lemon or use chewing gum
- Let family and friends know that you can only drink a certain amount so they are not tempted to offer you lots of drinks
- Use smaller glasses and cups for your drinks
- Drink only when you are thirsty and not to be sociable
- Sip drinks rather than gulp
- Brush your teeth regularly and use an alcohol free mouthwash to freshen your mouth
- Try not to have a drink when you are eating, save your drink for between your meals
- You can track your fluid intake using fitness apps on your smartphone or tablet
- Artificial saliva or gels can help if you have a dry mouth- prescribable products are available from your GP

## Handy measures

Average cup	200mls
Average mug	300mls
Hospital tumbler	200mls
Plastic cup (vending machine type)	150mls
Pint	600mls
½ pint	300mls
One ice cube	20mls
Can of fizzy drink	330mls
One tablespoon	15mls
One dessertspoon	10mls
One teaspoon	5mls
Milk on cereal	100mls
Average soup portion (½ a tin)	200mls

To help you at home we suggest that you measure the volume of the mugs and cups that you regularly use.

My mug at home	
My glass at home	
My cup at home	

To help you monitor how much fluid you are allowed to drink throughout the day, fill a jug with water to the volume of your allowance. Every time you have a drink, pour the same amount out of the jug. The remaining fluid in the jug will indicate how much you have left to drink.

## Protein

Protein is an essential part of a healthy, well balanced diet. It is used for growth and helps with the repair of all body tissues. When on haemodialysis, protein requirements are slightly increased and therefore it is essential that you have an adequate intake.

It is recommended that you include at least two portions of protein in your diet each day. Examples of portion sizes are 3-4oz i.e. one chicken breast, two lamb chops, one fish fillet, two slices of roast meat.

### Foods Rich in Protein

- Meat – Beef, pork, lamb, chicken, turkey (fresh or frozen).
- Fish – White fish (e.g. cod, haddock), tuna (fresh or tinned in water).
- Milk/Eggs/Cheese - (These foods are also high in phosphate and will need to be limited; see phosphate section for dietary allowances).
- Vegetarian Products - Quorn, textured vegetable protein (TVP).

**Please Note:** You should still try to avoid processed meats and smoked/tinned fish in brine to limit salt intake.

# Food Additives

## Potassium Additives

When following a low potassium diet it is important to be aware of hidden sources of potassium in your food, such as potassium additives.

### What are potassium additives?

Potassium additives are chemicals that are added to a large number of processed foods during manufacturing. These foods include instant noodles and corn and maize savoury snacks. Potassium additives could increase your potassium intake.

### How do I know which foods contain potassium additives?

It is important to look at the food label of processed foods. The ingredients list on the packaging will name the additives either by name; compare products, and wherever possible choose those without potassium additives.

Common potassium additives are:

- Potassium sorbate (E202)
- Potassium benzoate (E212)
- Potassium metabisulphite (E224)
- Potassium nitrite (E249)
- Potassium nitrate (E252)
- Potassium propionate (E283)
- Potassium alginate (E402)
- Potassium acetate (E261)
- Potassium lactate (E326)
- Potassium citrate (E332)
- Potassium tartrate (E336)
- Potassium phosphate (E340)
- Potassium gluconate (E577)
- Potassium malate (E351)
- Potassium adipate (E357)
- Potassium carbonate (E501)
- Potassium chloride (E508)
- Potassium hydroxide (E525)
- Potassium ferrocyanide (E538)



## **Phosphate Additives**

When following a low phosphate diet it is important to be aware of hidden sources of phosphate in your food, such as phosphate additives.

### **What are phosphate additives?**

Phosphate additives are chemicals that are added to a large number of processed foods during manufacturing. These foods include processed meat e.g. ham, bacon and sausages, reformed chicken, processed cheeses, dark fizzy drinks e.g. cola, instant puddings, cake mixes and instant sauces.

Phosphate additives greatly increase your phosphate intake. This is because they are more easily absorbed by your body compared to phosphate which occurs naturally in food.

### **How do I know which foods contain phosphate additives?**

It is important to look at the food label of processed foods. The ingredients list on the packaging will name the additives either by name or by their E Number. Try to limit food that contains the words phosphate or phosphoric acid including pyrophosphate, polyphosphate and sodium phosphate in the ingredients list. The amount of phosphate additives varies depending on the brand

### **How can I reduce my intake of phosphate additives?**

- Read the food labels to compare products, and wherever possible choose those without phosphate additives.
- Look for 'PHOS' in the ingredient list e.g. phosphoric acid.
- Try to avoid processed food and choose fresh, unprocessed foods which are lower in phosphate.

Common phosphate additives are:

- E338 Phosphoric acid
- E339 Sodium phosphates
- E340 Potassium phosphates
- E341 Calcium phosphates
- E343 Magnesium phosphates
- E450 Diphosphates
- E451 Triphosphates
- E452 Polyphosphates
- E541 Sodium aluminium phosphates

Foods allowed	Foods to avoid
<p><b>Cereals/Bread</b>  Porridge oats, Weetabix, Shredded Wheat, Shreddies, Cornflakes, Special K, Rice Krispies, Ricles, Frosties.  Pastry, croissants, pikelets, pitta bread, White/brown/wholemeal/granary bread, sago, tapioca, semolina, plain flour, naan (plain and garlic), chapatti.  Rice, pasta, egg noodles, rice noodles, polenta, cous-cous</p>	<p><b>Cereals/Bread</b>  All Bran, Branflakes, Muesli, Ready Brek, Raisin Split, Sultana Bran, Mini Bix and all cereals with chocolate. Cocoa, coconut, dried fruit, nuts or seeds. Biscuits containing nuts and chocolate, keema and peshwari naan, pan au chocolat, poppadums, filled ravioli and tortellini, tinned spaghetti. Oatcakes, crumpets, instant noodle snacks. Limit the use of baking powder and self-raising flour. Rye flour and soya flour  Quinoa</p>
<p><b>Dairy</b>  Double cream, whipping cream, clotted cream, soured cream  Butter, margarine.  Cream cheese e.g. Philadelphia, supermarket own brand  Cottage cheese.  Milk substitutes e.g. coffee compliment, coffee mate, and coffee whitener.  Crème Fraiche  Unfortified soya, rice and oat milk- check the label as these may have phosphate added to them  Soya yogurts  Eggs/cheese/milk – see allowances section.</p>	<p><b>Dairy</b>  Dried milk powder, evaporated milk, condensed milk, coconut milk, Single cream.  Imitation cream e.g. Elmlea, Tip Top, Dream Topping.  Processed cheese e.g. Primula, Dairylea, cheese slices.  Instant whip.  Yoghurt drinks  Instant custard mix</p>
<p><b>Meat and fish</b>  Lamb, beef, pork, chicken, turkey, duck, goose, - fresh or frozen  Cod, haddock, plaice, sole, tuna.  No more than one portion per week of the following oily fish: mackerel, salmon</p>	<p><b>Meat and fish</b>  Venison, pheasant, rabbit, grouse, goat  Processed meat products e.g. bacon, sausages, pies.  Tinned meats e.g. tongue, corned beef, luncheon meat.  Ready meals containing potato, beans or pulses.  Sardines, anchovies, herrings, kippers, pilchards, whitebait, crab, prawns, scampi, mussels, clams, crayfish, monkfish, sea bass.  Smoked fish and tinned fish.  Pate, fish paste or fish roe, taramasalata.</p>
<p><b>Nuts, pulses and meat substitutes</b>  Quorn. If you are vegetarian, you may be able to eat some nuts and pulses. Your dietitian will help you with this.</p>	<p><b>Nuts, pulses and meat alternatives</b>  Beans e.g. baked beans, red kidney beans, black-eyed beans, butter beans, aduki beans, pinto beans, lentils, pulses, nuts and seeds, peanut butter, creamed coconut, hummus, tahini  Soya beans, tofu.</p>

Foods allowed	Foods to avoid
<p><b>Sugars, preserves and confectionary</b>  Jam, honey, syrup, marmalade, lemon curd.  Sugar, sweets e.g. boiled sweets, mints, marshmallows, chewing gum, Turkish Delight, fruit pastilles, jellies, wine gums, Frutella, Chewits, Starburst.  Cough sweets e.g. Tunes, Locketts, Soothers.  Popcorn (not toffee or salt).  Artificial sweeteners.</p>	<p><b>Sugars, preserves, confectionary</b>  Chocolate, toffee, liquorice, fudge, marzipan and chocolate spread. Sweets and chocolate containing nuts.</p>
<p><b>Cakes, biscuits and snacks</b>  Most are suitable providing they do not contain chocolate, cocoa, dried fruit, coconut or nuts.  Plain/jam sponge, Madeira, cherry cake, cream horn, doughnut, apple slice, Danish pastry, lemon meringue pie, meringue, plain biscuit, shortbread, non-salted popcorn, bread sticks, rice cakes, melba toast, water biscuits.</p>	<p><b>Cakes, biscuits and snacks</b>  Malt bread, banana loaf, chocolate cake and biscuits, fruit cake, date and walnut loaf, coconut cake, Eccles cake, cakes made with large amounts of baking powder e.g. scones and rock cakes, cereal bars or biscuits containing nuts and chocolate, egg custard, Chelsea buns, Bakewell tart, Scotch pancakes and waffles.  All potato crisps which also includes Quavers, French Fries and Pombeers.  Twiglets, Bombay mix, seeds, nuts, oatcakes, corn and wheat based snacks e.g. Skips, Monster Munch, Wotsits, Wheat Crunchies, Pretzels</p>
<p><b>Drinks</b>  One cup of coffee per day or Camp Coffee, all types of tea, milk - see allowance, cordial and squash, light coloured fizzy drinks e.g. lemonade, water e.g. tap, soda, tonic, mineral and flavoured.</p>	<p><b>Drinks</b>  Cocoa, malted drinks e.g. Horlicks, Ovaltine and Bournvita, drinking chocolate, Complian and Build-Up (unless on these for medical reasons), vegetable juice, fresh fruit juice, Hi juice cordial. Dark fizzy drinks e.g. coca Cola, Pepsi, Dr Pepper, Dandelion and Burdock.</p>
<p><b>Alcohol</b>  Remember some medicines do not mix with alcohol. Ask your doctor or pharmacist if you are not sure.  Spirits, sherry, white wine, sparkling wine e.g. Champagne, Cava, Lambrusco – Government guidelines of 14 units per week for men and women spread evenly over the week.</p>	<p><b>Alcohol</b>  Red wine, beer, lager, cider, port, stout. Cocktails using fruit juice as a base</p>

Foods allowed	Foods to avoid
<b>Miscellaneous</b> Garlic, herbs, spices, vinegar, tartare sauce, horseradish, mustard, mayonnaise, salad cream – use sparingly Tomato ketchup, brown sauce, BBQ sauce – should be used sparingly e.g. 1 teaspoon. An Oxo cube can be used in meals instead of salt.	<b>Miscellaneous</b> Salt e.g. table, garlic, sea or rock salt. Salt substitutes e.g. Losalt, Selora. Bovril, marmite. Instant noodles. Tinned and packet soups. Gravy mixes and granules – use sparingly. Oven chips, potato waffles.
<b>Fruit and Vegetables</b> For suitable fruit and vegetables allowed see the portion list at the back of this booklet for full details	<b>Fruit and Vegetables</b> Banana, melon (honeydew, cantaloupe and galia), dried fruit, blackcurrants, Sharon fruit, papaya, plantain, avocado. Tinned vegetables in brine.

## Allowances

The following foods contain high amounts of phosphate and therefore should only be eaten in the suggested quantities:

..... pint of milk per day.

..... eggs per week.

..... oz/grams hard cheese per week.

One portion of offal per month e.g. liver, kidney, sweetbreads, heart.

..... items from the following list per week:

- One small pot of yoghurt/fromage frais.
- One small bowl of custard.
- One small bowl of rice pudding.
- Two scoops of plain ice cream.

Fruits and vegetables have differing potassium contents. The following tables detail the portion sizes, which provide the same amount of potassium for each fruit and vegetable.

To help you control your intake, you should aim for a maximum of ..... portions per day. The dietitian will help you to control this by giving you allowances:

..... fruit portions as detailed.

.....vegetable or salad portions as detailed.

Smoothies are an easy way of eating fruit but can be high in potassium. Use the portion sizes as a guide and do not exceed your allowances of fruit and vegetables as listed above. Yoghurts, water or cordials are low potassium liquids that can be used to thin the smoothie instead of fresh fruit juice.

Potatoes are not included in these portion sizes; you can eat one serving of potatoes per day (see cooking tips section).

**Fruit Portions** – all fruit can be raw unless otherwise stated. Tinned fruit should be drained of juice.

apples	1 medium	mango	½ small
apples	3 tbsp stewed	nectarine	½ fresh
apricot	1 medium	orange	1 small
blackberries	20 fruits	passion fruit	5 fruits
blueberries	1 cup	peaches	1 medium
clementines, tangerines, mandarins, satsumas	2 medium	peaches	3 tbsp
cherries	20 fruits	pears	1 small
damsons	4 stewed	pears	3 halves tinned
figs	1 ½ fruits	pineapple	1 slice fresh
fruit pie filling	2 small individual pies or equivalent from large pie	pineapple	5 rings tinned
fruit cocktail	4 tbsp	plums	2 small
gooseberries	2 tbsp, raw	pomegranate	75g or ½ a fruit
gooseberries	3 tbsp stewed	prunes	12 fruits tinned
grapefruit	½ fresh	raspberries	20 fruits
grapefruit	6 tbsp tinned	rhubarb	2 tbsp stewed
grapes	15 fruits	rhubarb	4 tbsp tinned
guava	1 small	strawberries	8 fruits
kiwi	1 small	strawberries	5 tbsp tinned
lychees	14 fruits	watermelon	1 small slice
mandarins	5 tbsp tinned		

**1 tbsp = approximately 40g**

**Vegetable portions – boiled unless otherwise stated**

asparagus	3 spears (60g)	marrow	4 tbsp (140g)
aubergine	6 slices/ 1/3 fried (90g)	mange tout	3 tbsp (95g)
beetroot	8 slices pickled (80g)	mixed veg	3 tbsp (130g)
beansprouts	10 tbsp stirfried	mushrooms	8 small raw (40g)
broad beans	1½ tbsp (80g)	olives	15 fruits (170g)
broccoli	2 florets (75g)	onions	1 small (raw)
brussel sprouts	4	okra	6 fingers (35g)
butternut squash	1½ tbsp (baked) (55g)	pak choi	50g – stir fried or steamed
cabbage (green)	2 tbsp (85g)	parsnips	1 tbsp (45g)
cabbage (red)	3 tbsp (120g)	peppers	½ pepper (raw or cooked)
carrots	3 tbsp (95g)	peas (garden)	2 tbsp (70g)
carrots	1 small raw	peas (mushy)	3 tbsp / ⅓ of a tin (90g)
cauliflower	7 florets (75g)	peas(petit pois)	4 tbsp (120g)
celery	2 sticks (70g)	pumpkin	4 tbsp (185g)
courgette	2 tbsp (75g)	rocket	50g - fresh
cress	No restriction	radish	8 (65g)
cucumber	16 thin slices/ 2 inch piece (100g)	runner beans	3 tbsp (135g)
curly kale	3 tbsp (100g)	spinach (mature)	2 tbsp (70g)
corn on the cob	1 small	Sweetcorn	3 tbsp (90g)
Corn (babycorn)	8 babycorn (90g)	spring onion	6 stems (60g)
coleslaw	2 tbsp (100g)	swede	5 tbsp (180g)
fennel	1 tbsp raw (35g)	tomato	1 small or 4 cherry
green beans	1 tbsp (50g)	tomato	1 tbsp puree or 2 tbsp tinned
leeks	1 stem/ 3 tbsp (105g)	turnip	2 tbsp (80g)
Iceberg lettuce	No restriction	watercress (raw)	2 tbsp (70g)

## **Salad Ideas**

Each of these recipes can count as one portion from your fruit and vegetable allowance.

Mixed Salad – Lettuce leaves, half a tomato, or two cherry tomatoes, three slices of cucumber and one slice of beetroot or onion.

Coleslaw - Two tablespoons of raw shredded cabbage, two tablespoons of raw shredded carrot, one slice of onion and small amount of mayonnaise to mix.

Red Salad - Three slices of beetroot, one tablespoon of peas or sweetcorn, two tablespoons of grated carrot.

Green Salad – Lettuce leaves, three rings of green pepper, one spring onion and mix with French dressing.

## **Discussion points:**

This page may be used to help with meal suggestions or document the dietary changes you have discussed with the dietitian during your appointment.

**Please Note:**

People with kidney problems should avoid Star Fruit. This has been known to cause neurological problems when eaten by people with a reduced kidney function.

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

**Additional support and resources**

To support you making your dietary changes, additional dietary information is available. Please ask your dietitian if you would like any of these.

- Eating out with CKD
- Dietary myths
- “K” word cookbook
- Build yourself up
- Festive foods

**PatientView** – [www.patientview.org](http://www.patientview.org)

PatientView shows your latest test results, letters and medicines, plus info about diagnosis and treatment. Set up alerts, monitor symptoms and download your records. You can view PatientView from anywhere you want and share your information with anyone you want. You can ask any Renal Healthcare Professional in clinic or on the dialysis unit to help you sign up for this service.

**CaMKIN** – [www.kinet.site](http://www.kinet.site)

CaMKIN (Cheshire and Merseyside Kidney Information Network) is an online community run by renal patients for renal patients, their families and carers. It provides information, blogs, recipes and opportunities for social events, with the main aims of reducing isolation and increasing support to you as a person with kidney disease. A closed Facebook group is also available, search CaMKIN.

National Kidney Federation - [www.kidney.org.uk](http://www.kidney.org.uk)

Think Kidneys – [www.thinkkidneys.nhs.uk](http://www.thinkkidneys.nhs.uk)

Kidney Care – [www.kidneycareuk.org](http://www.kidneycareuk.org)



## 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@liverpoolft.nhs.uk**

**Please include your dietitian's name in subject box of the email**

**Author: Renal Dietitians, Therapies Department**

**Review date: March 2023**

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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در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوه‌ندیدار بهو نه‌خوشانه‌ی له‌لایمن تراسته‌وه په‌سهند کراون، نه‌گمر داوا بکریټ له فورماته‌کانی تردا بریتی له زمانه‌کانی تر، نیزی رید (هاسان خویندنه‌وه)، چاپی گهوره، شریټی دهنګ، هیلی موون و نه‌لیکترونیکی هه‌یه.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhadda kale, sida luqadda kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.