

Healthy eating on a renal diet

Guide on how to use this leaflet:

Foods marked with a * are high in phosphate please refer to the low phosphate diet sheet for daily allowances if you have been advised to follow a low phosphate diet

Foods marked with a † are high in salt so only eat these foods occasionally

If you have been advised to follow a low potassium diet:

- Ensure all potatoes and vegetables are boiled
- No more than one portion of potatoes per day
- To have a maximum of 4 portions of fruit and vegetables per day
- Refer to the low potassium diet sheet for portion sizes of fruit & vegetables and ideas on salad portions

It is important to eat regular meals when trying to manage your weight. Here are some ideas for healthy balanced meals:

Breakfast

- ✓ Cereal (e.g. Weetabix, Shredded Wheat, Shreddies, Cheerios, Cornflakes, and Rice Krispies) with skimmed milk, semi- skimmed milk or low fat/ diet yoghurt*. Try adding chopped fresh fruit.
- ✓ Porridge oats made with skimmed or semi-skimmed milk and/or water

- ✓ Toast with a scraping of margarine/low fat spread and or marmalade/ jam.
- ✓ Toast with grilled tomatoes and/or mushrooms.
- ✓ Baked beans†, scrambled/poached, or boiled egg* on toast
- ✓ Grilled lean bacon† with grilled mushrooms and/or tomatoes, plus toast
- ✓ Mixed fruit and plain yoghurt*.
- ✓ Bagel, plain teacake, English muffin, 2 crumpets/scotch pancakes with a scraping of margarine/ butter/ low fat spread
- ✓ Wholegrain cereal bar (avoid bars containing dried fruit, nuts or chocolate) and a piece of fruit

Light Meals

- ✓ Sandwiches using medium sliced bread or try bread rolls, pitta bread, tortilla wraps, chapattis or crusty bread. Use fillings such as tuna, salmon, lean ham† or pork, chicken, turkey, egg*, cottage cheese*, or low fat cheese spread*. Include lettuce, tomatoes and cucumber, onion or a small side salad with your sandwich.
- ✓ Toast with one of the following, baked beans†, grated cheese*† and tomato, sardines*, mackerel*, cottage cheese*, poached/ boiled/ scrambled egg*, mushrooms.
- ✓ Pasta or rice salad

- ✓ Soup† with bread. Try adding extra vegetables to the soup (boil these first before adding to soup).
- ✓ Omelette*- try with tomato, sweetcorn, mushroom, onion and herb, stir fried vegetables, or cheese* serve with bread.
- ✓ Large mixed salad with lean meat or fish and bread, potato or pasta
- ✓ Crackers/crispbread/rice cakes with low fat cream cheese and tomato and cucumber or a small side salad

Main meals

Should consist of foods from the following food groups (see the Eatwell Guide)

- 1) Bread, cereal, potato, pasta, rice, chapatti, cous cous, yam, sweet potato, tortillas
- 2) Vegetables or salad
- 3) Meat, fish or alternatives e.g. Quorn, pulses, milk* and dairy foods
 - ✓ Lean chop/small chicken breast/lean cooked meat or steak/fish. Cook meat or fish
 - ✓ preferably by baking, grilling, microwaving, pressure cooking or dry frying.
 - ✓ Serve with vegetables/salad and boiled/mashed potato/rice/pasta
 - ✓ Minced meat or chicken cooked with herbs, onion, mushroom, carrots and/or other vegetable plus tinned tomato, or tomato based sauce.
 - ✓ Serve with rice, pasta, and extra vegetables/salad
 - ✓ Stir fry with vegetables and chicken/meat/fish and rice/noodles
 - ✓ Chicken, turkey, lean pork or beef casserole. Add vegetables and serve with potato,
 - ✓ rice or pasta

- ✓ Breaded fish/chicken with vegetables/salad and potatoes
- ✓ Lasagne (using lean mince, dry fried & low fat cheese*), with vegetables or salad
- ✓ Ratatouille (mixed tomato, onions, mushrooms, peppers simmered together until tender) with rice/pasta.
- ✓ Kebabs made with pitta bread, lean meat and salad
- ✓ Tuna pasta bake with salad/vegetables
- ✓ Fish/Shepherds/Cottage pie with vegetables/salad

Snacks can help take the edge off your appetite between meals and this can help prevent overeating at meal times. However many snacks are high in calories. Below are some ideas for low calorie snacks

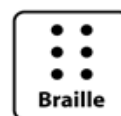
Very low calorie (approx 50 Kcal or less):

- ✓ Fresh fruit e.g. 1 apple/orange or 2 small clementines/ tangerines/plums (to be part of your 4 portions of fruit and veg a day allowance)
- ✓ Bowl of low sugar or sugar free jelly
- ✓ Pickled onion, gherkins, beetroot
- ✓ 2 Slices of lean ham, chicken or turkey
- ✓ Small diet/ light yoghurt or fromage frais (no more than twice a week) e.g. Weight Watchers/Activia 0% fat (125g pot)
- ✓ ½ Small tin of tinned fruit drain off juice
- ✓ 1-2 Plain rice cakes
- ✓ 1-2 Crispbreads (with no spread)
- ✓ Small bowl of salad (try lemon juice as a dressing or choose no dressing)
- ✓ 2 Rich tea fingers or 1 Jaffa cake

- ✓ A handful of carrot/celery/cucumber sticks
- ✓ 3 Crabsticks

Low calorie (approx 100 Kcal or less):

- ✓ 1 Medium sized boiled egg
(maximum of 4-6 eggs per week)
- ✓ 1 x Slice of toast/ crumpet with
scrape or low fat spread or extra light
cheese spread
- ✓ A packet of wheat/corn crisps e.g.
Wotsits/Quavers (no more than twice
a week)
- ✓ Small low kcal cereal bar (without
nuts, raisins or chocolate)
- ✓ 100g pot of cottage cheese
- ✓ Large light/diet yoghurt e.g. Muller
light or Activia 0% fat snack pot
(155g)
- ✓ Fun size chocolate bar (no more
than twice a week)



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:

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