

Eating Well on a Renal Diet at Christmas

Many of the traditional festive foods aren't always suitable when on a renal diet as these can be high in potassium, phosphate and salt.

This leaflet will provide you with some tips on how to have a few treats whilst on a renal diet and still enjoy yourself this Christmas time.

If you are visiting family and friends over Christmas show them the leaflet in advance to give them some ideas.

Starters

Prawn cocktail
Fruit cocktail (drain off the juice)
Small bowl of soup
Egg mayonnaise
Pate with toast or crackers
Caesar salad

Main Courses

Roast turkey/pork/beef/lamb/chicken/duck
Roast potatoes (par boiled), boiled or mashed potatoes
Boiled vegetables from your allowance
Small portion of gravy, stuffing, sausage or bacon
Small portion of cranberry/mint sauce/apple sauce/bread sauce/horseradish sauce

Desserts *

Trifle
Angel cake

Swiss rolls

Jam tarts

Madeira cake

Meringues

Gateau

Ice cream

Cheese cake

Avoid chocolate varieties!

Top tips:

- Remember to cook all potatoes and vegetables in plenty of water
- If you are eating out and are unable to have parboiled potatoes then just have a very small portion
- Remember to count gravy and soup in your fluid allowance

The following foods are high in potassium but can be taken instead of 1 portion of fruit:

- Small portion of Christmas pudding (not more than 2oz)
- One mince pie
- Small slice of Christmas cake (not more than 2 oz)

Please ask your dietitian for a copy of 'Tasty recipes for the festive season' for low potassium recipes

***If you have diabetes we would not recommend that you increase your intake of sweet desserts/puddings*
If attending parties choose sensibly from:**

Cold meats, poultry, hard boiled egg,
cottage cheese

Bread, crackers, pitta bread, bread sticks
Corn or wheat snacks

Rice and pasta salads

Small portion of mixed salad

Fruit flan, pavlova, shortbread, cheesecake,
trifle, gateaux (not chocolate)

Popcorn

Try to avoid/limit:

Nuts, dates, raisins

Potato crisps

Toffee, liquorice

Desserts containing chocolate, coffee, dried
fruit or nuts

The following foods can be high in salt so keep to a minimum:

Crisps

Hummous

Savoury biscuits/crackers

Dips

Cheese

Sausage rolls

Bread sticks

Bacon

Olives

Gravy

Stuffing

Drinks

It is important to stick to your fluid
allowance even over Christmas. Plan
ahead, if you are going to a party, save
some fluid from your allowance by drinking
less earlier in the day.

Use small cups and glasses for drinks

Remember to include ice cubes in your fluid
allowance (1 ice cube=approx 20ml fluid)

Suitable low potassium alcoholic drinks:

Cherry brand	Tia Maria
Grand Marnier	Drambuie
Crème de Menthe	Cointreau
Southern Comfort	Pernod
Baileys	Vermouth
Port	Sherry
Martini	Babycham
	Shandy

Small glass (125ml) of white or rose wine
(limit to one glass)

Spirits, e.g. whiskey, brandy, gin and vodka

Low potassium non-alcoholic drinks:

Lemonade	Lime cordial
Tonic water	Bitter lemon
Peppermint cordial	Dry ginger ale
Cola	Cream soda
Appletiser	
Barley wine/strong ale	
Pure juice based Alcopops	

High potassium non-alcoholic drinks, try to avoid these:

Fresh fruit juices
Tomato juice
Ribena
J20

*Remember to include all drinks within your
fluid allowance.*

*** Please note that although some drinks
contain less potassium this is per
measure so increasing the volume of
these drinks will increase potassium
intake and will also contribute to your
fluid intake ***

If having alcohol drink sensibly.
Government Guidelines on alcohol:
2-3 units per day for women
3-4 units per day for men
With 2-3 alcohol free days a week

Units of alcohol:

Pint beer/lager=2.2 units

Small glass of wine (125ml)=1.5 units

Standard glass of wine (175ml)=2.1 units

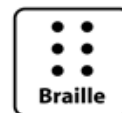
Single measure of spirits (25ml)=1 unit

Double measure of spirits (50ml)=2 units

Top Tips!

- If you have diabetes or are watching your weight, choose 'diet', 'no added sugar' or low calorie drinks
- If eating out remember to take your phosphate binders with you
- Remember to take your binders as normal
- Avoid adding salt to your food and keep processed foods to a minimum as these will make you thirsty and make it difficult to keep to your fluid allowance

**Merry Christmas and best wishes
for the New Year
From the Renal Dietitians at
Aintree Hospital**



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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