

Merry Christmas from the  
renal dietitians and  
best wishes for  
the New Year!



Contact details:

Renal dietitians: 01865 225061

Enjoying festive food at  
Christmas



## Remember what's important for you

During all the merriment try to remember what it is you need to be careful about. Things to consider include:

- Fluid balance (salt and fluid)
- High blood pressure (salt and fluid)
- Phosphate
- Potassium
- Overweight (energy and portion sizes)

The following are some suggestions of foods that should be suitable for everyone, but if in doubt ask your dietitian.



## Top Tip:

Do you have a favourite Christmas cake or dessert - just ask your dietitian whether it's suitable or if they can suggest an alternative recipe!!

- Jelly babies, marshmallows, fruit gums, boiled sweets, mints, plain Turkish Delight

## Alcohol and other beverages:

Remember your fluid allowance:

- Choose spirits rather than beer/lager or wine
  - Fill your glass with reusable plastic ice cubes
  - Don't have a drink with your main meal
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- Cider and lager are high in potassium
  - Red wine (and mulled wine) are higher in potassium than white wine
  - Port, sherry, spirits and liqueurs are low in potassium



## Soft drinks

- Orange juice is high in potassium, a lower alternative is cranberry juice or squashes
- Fizzy drinks and mixers are fine. Take care with cola drinks which are higher in phosphate.

## The main meal

- All unprocessed meats are fine
  - Turkey, chicken, beef, pork, lamb, goose, duck
- Low potassium vegetables (boiled)
- Roast potatoes (par-boiled before roasting)
- Yorkshire pudding (with just a pinch of salt added to the batter)
- Cranberry sauce is fine
- Apple sauce is also suitable
- Home-made bread sauce and gravy are much better alternatives to packets/granules (see recipe booklet).

### Top Tips:

- ❖ Homemade gravy, cranberry or apple sauce and stuffing can be made the week before and frozen. Take out to defrost in the fridge on the morning of Christmas eve.
- ❖ Yorkshire pudding batter also likes to sit for a while so this can be done first thing on Christmas morning and left in the fridge until needed.

## Desserts



- Christmas pudding, Christmas cake and mince pies: lower potassium recipes available or have sponge instead.
  - Remember that if you follow a low potassium diet mince pies, Christmas pudding and Christmas cake should all be exchanged for one of your usual fruits and vegetables.
- Brandy or rum butter is suitable (brandy sauce is higher in potassium and phosphate because of the milk).
- Double or clotted cream can also be eaten, but in moderation.
- Sorbet is a good alternative to ice cream, but remember to watch your fluid intake.
- Other suitable desserts include: lemon meringue pie, shortbread, trifle, meringues, jam roly poly, pavlova, lemon cheesecake (see recipe booklet).

## Drinks and nibbles

Nuts: Chestnuts are lower in potassium and lower in phosphate than other nuts.

Cheese: cream cheese on crackers is a suitable alternative to other cheeses popular at Christmas. Try spreading it on different low-salt crackers or blinis.

Plain breadsticks are low in salt and great for dipping in our dips (see recipes) or houmous (as long as this is eaten in moderation).



Unsalted popcorn.

Tortilla chips or corn snacks in moderation (watch the salt!).

Satsumas/clementines/tangerines: suggest one a day if you run a high potassium.

Sweets: the following sweets are suitable for most people unless you are diabetic.