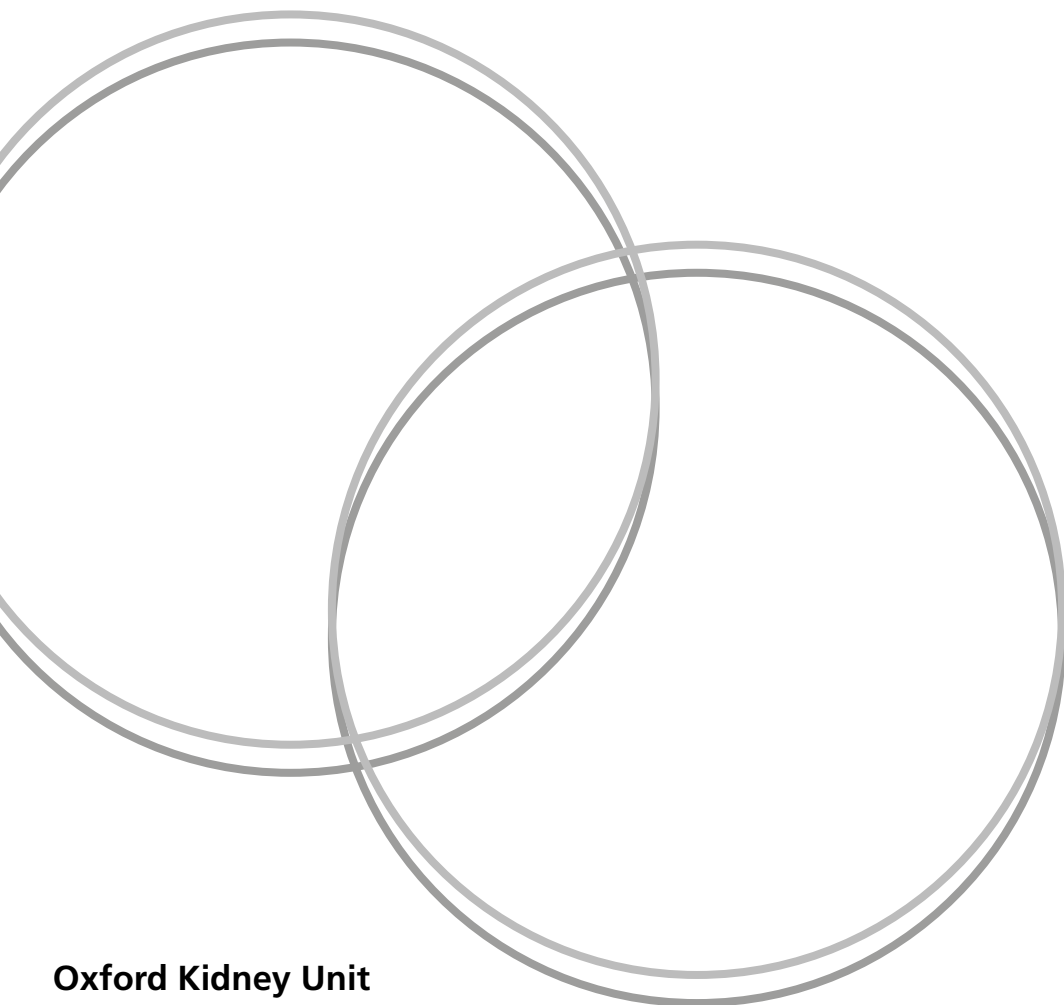


Making the most of what you eat: High protein, high calorie dietary advice for renal patients



If you have lost weight recently or are eating less than normal, it is important to choose foods that contain plenty of nourishment. This will make sure your body receives the energy and nutrients that it needs.

Not having enough nutrition can lead to:

- illness, infection and slow recovery
- slow wound healing
- low mood
- reduced energy levels and muscle strength
- falls
- reduced ability to carry out daily activities.

It can be challenging to eat well if your appetite is poor and you are following renal diet restrictions. If you are eating less, this may mean you are able to have some foods that you have previously been advised to restrict, such as those containing higher amounts of potassium and phosphate. Your renal dietitian can discuss this with you.

The following suggestions will help you to make your diet as nourishing as possible.

Eating a **balanced diet** will help to keep you healthy by providing you with the nutrients, vitamins and minerals that your body needs.

Try to have a **variety of foods** every day, including:

- meat, fish, eggs, beans and pulses. These protein foods are particularly important if you are having dialysis.
- moderate amounts of full-cream milk, full-fat yoghurt and cheese (including full-fat cottage and cream cheeses)
- starchy foods at each meal, such as bread, cereals, rice, pasta and boiled potatoes (parboiled before mashing, roasting or frying)
- fruit and vegetables, including fresh, frozen, stewed and tinned varieties.

Practical tips to increase your energy and protein intake

- Eat 'little and often'. Have small meals with nourishing snacks in between.
- Include a dessert after your lunch and evening meal.
- Try to avoid drinking just before meals, as this can make you feel full. This includes any prescribed nutritional supplements you may be taking.
- Choose full-fat or full-sugar versions of foods instead of reduced, low or light options. For example, choose whole milk instead of skimmed milk.
- Keep nourishing snacks handy for nibbling. See page 5 for nourishing snacks ideas.
- Choose meals which are quick and easy to prepare, or try freezing home-made meals which just need re-heating. This way you can eat them soon after you feel hungry or when you have less energy to cook.
- Ready meals are also a good option if you want a quick and easy meal. They can be high in salt though, so try to choose the lower salt options by checking the labels or the traffic light code on the front of the packaging.
- Cold foods can sometimes be more appetising. Try a sandwich or a chilled dessert.
- Take advantage of times when you have an appetite. For example, have an extra slice of toast or additional yoghurt at breakfast or make sure you have a pudding after a main meal.
- Lack of activity and constipation can reduce your appetite. Being more active and including high fibre foods in your diet, such as fruit, vegetables and wholegrain foods, can help with this.
- Try to eat in a pleasant environment. Eating with others may help you to eat better.

Enrich your food

Your food and drinks can be made more nourishing by adding:

- full-fat milk, full-fat yoghurt, double cream, sugar or honey to breakfast cereals
- grated cheese, double cream, butter, margarine or olive oil to potatoes or pasta
- a small amount of grated cheese, butter, margarine or olive oil to vegetables
- double cream or a small amount of grated cheese to sauces
- full-fat mayonnaise or salad cream to sandwiches
- double cream, custard, ice cream, full-fat yoghurt, jam or honey to puddings and desserts
- sugar, honey, ice cream, full-fat yoghurt or double cream to fruit.

Nourishing snacks

Sweet

- biscuits (i.e. digestive, custard cream, ginger nut)
- piece of cake (i.e. Madeira, lemon, cherry, Victoria sponge)
- iced bun, doughnut
- crème caramel
- plain cereal bars
- flapjack
- croissant with jam
- scone with jam and cream
- toasted teacake with plenty of butter or margarine
- thick and creamy full-fat yoghurts
- tinned fruit (drained off) with double cream or full-fat yoghurt.

If you have diabetes, you may need to be careful with some sweet options. Consider opting for more savoury suggestions instead.

Savoury

- cream crackers, Ryvita, oat cakes or rice cakes with cheese, cottage cheese or cream cheese
- crumpet, bagel, toast or English muffins with plenty of butter or margarine
- breadsticks with full-fat hummus or full-fat cream cheese
- croissant with butter
- cheese scone
- savoury pastries.

Light meals

- sandwiches containing meat (i.e. sliced chicken, turkey, beef), fish (i.e. tuna, salmon) or egg
- baked beans, scrambled egg or fried egg on toast with plenty of butter
- sardines or pilchards (preferably boneless) on toast with plenty of butter
- boil-in-the-bag fish with creamy mashed potato and peas
- quiche
- falafels and hummus.

Nourishing drinks

If you haven't been advised to follow a low potassium or low phosphate diet, you could try over the counter 'build up' drinks, such as Meretine, Complian or Nurishment. If you are on a fluid restriction you will need to include the volume of these drinks towards your fluid allowance.

If you continue to find it difficult to meet your nutritional needs by following the information in this leaflet, your dietitian can advise on suitable supplement drinks which are available on prescription.

How to contact us

Oxford Renal Dietitians

Tel: **01865 225 061**

(8.00am to 4.30pm, Monday to Friday)

Please leave a message on the answerphone and a dietitian will call you back the next working day.

Oxford Renal Clinics

If you are seeing a kidney doctor, the dietitians are available in the Renal Outpatient clinic at the Churchill Hospital each morning. Please speak to the receptionist if you would like to be seen.

Renal Satellite Unit Clinics

Some of these clinics are covered by a dietitian. Please ask the receptionist if you would like to be seen.

Useful information

Oxford Kidney Unit

Useful information about the Oxford Kidney Unit for patients and carers.

Website: **www.ouh.nhs.uk/oku**

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.

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