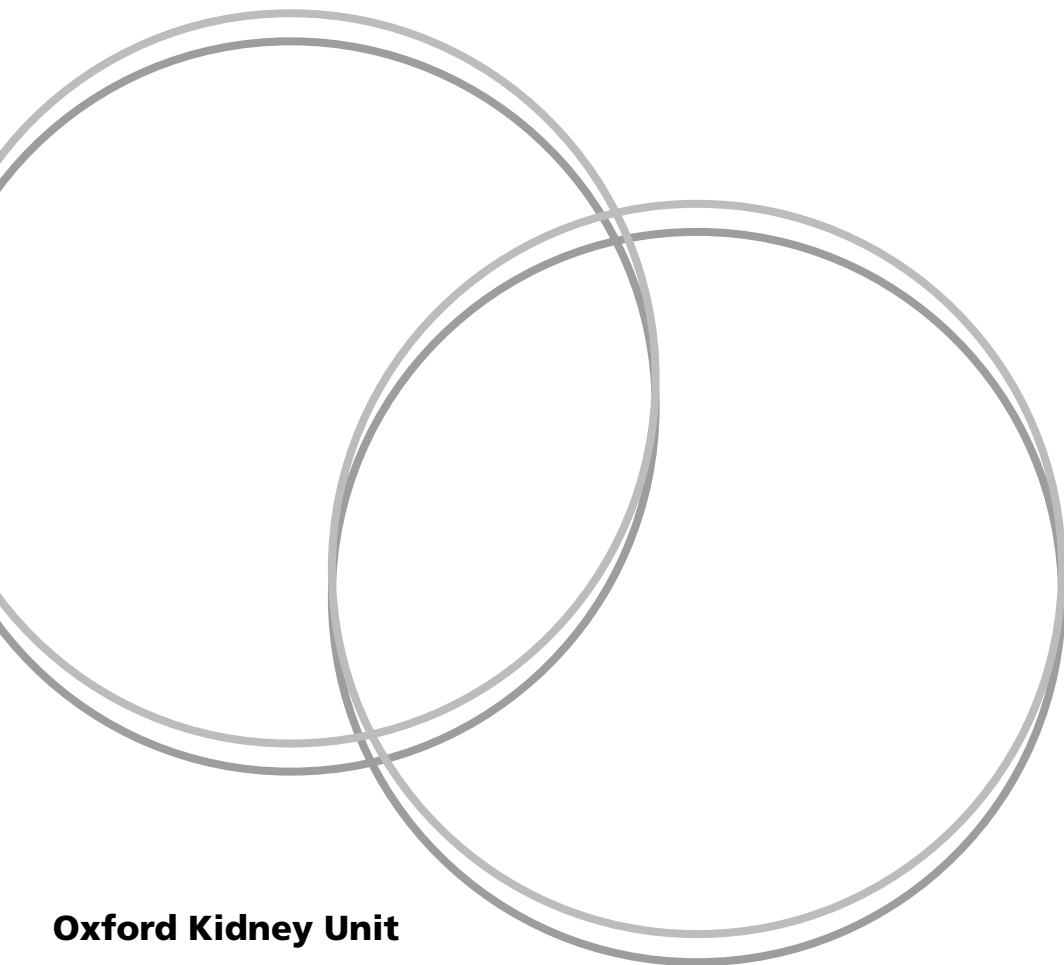




Oxford University Hospitals  
NHS Foundation Trust

# Renal Dietitian Patient Transfer

Information for Staff



**Oxford Kidney Unit**



## **Dietary Advice**

Renal patients receiving dialysis will have been given dietary advice by the dietitian. This may include limiting potassium and phosphate rich foods.

All renal patients are advised to limit their salt intake. Try to avoid adding salt during cooking and please do not offer salt at the table. Pepper at the table is fine.

Renal patients on dialysis will often be on a fluid restriction. This includes all drinks, milk on cereal and liquid nutritional supplements. The fluid restriction is generally calculated by adding 500ml to the previous days urine output or as advised by their consultant. We will inform you if a patient needs to follow a fluid restriction and how much this is.

Protein intake is important for renal patients who have dialysis and we recommend they aim to have a good protein portion for two of their meals each day. The dietitian can offer further advice about portion sizes if required.

Many renal patients have a poor appetite and may need nutritional support. The dietitian can advise on this.

Please see the tables below for more information regarding the renal diet:

## Beverages:

<b>Foods to avoid:</b>	<b>More suitable alternative:</b>
<ul style="list-style-type: none"> <li>• Coffee, hot chocolate, malted drinks</li> <li>• fruit Juice</li> <li>• high Juice Squash, Ribena</li> <li>• cola and dark fizzy drinks</li> </ul>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• 1 x weak coffee/day</li> <li>• squash</li> <li>• light coloured fizzy drinks</li> </ul>

## Fruit:

<b>Foods to avoid:</b>	<b>More suitable alternative:</b>
<ul style="list-style-type: none"> <li>• Apricot</li> <li>• banana</li> <li>• coconut</li> <li>• mango</li> <li>• large oranges</li> <li>• cantaloupe and honeydew melon</li> <li>• rhubarb</li> <li>• all dried fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Apples</li> <li>• berries (handful)</li> <li>• cherries (handful)</li> <li>• clementine/satsumas</li> <li>• grapes (handful)</li> <li>• kiwi</li> <li>• peach/nectarine</li> <li>• pears</li> <li>• plum</li> <li>• watermelon</li> <li>• tinned fruit with juice drained off</li> </ul>

## Vegetables:

<b>Foods to avoid:</b>	<b>More suitable alternative:</b>
<ul style="list-style-type: none"> <li>• Asparagus</li> <li>• aubergine</li> <li>• baked beans</li> <li>• beetroot</li> <li>• celery</li> <li>• mushroom</li> <li>• parsnips</li> <li>• spinach</li> <li>• sprouts</li> </ul> <p style="margin-left: 150px;">• sweetcorn</p> <p style="margin-left: 150px;">Limit to 1 small tomato per day. You may use a small amount of tinned tomatoes to flavour a dish e.g. lasagne or bolognaise</p>	<ul style="list-style-type: none"> <li>• Broccoli</li> <li>• cabbage</li> <li>• carrots</li> <li>• cauliflower</li> <li>• cucumber</li> <li>• green beans</li> <li>• lettuce</li> <li>• peas</li> </ul> <ul style="list-style-type: none"> <li>• peppers (capsicum)</li> <li>• swede/ turnip</li> </ul> <p>Boil vegetables rather than steam or microwave, and then discard the water.</p>

## Carbohydrates:

<b>Foods to avoid:</b>	<b>More suitable alternative:</b>
<ul style="list-style-type: none"> <li>• Chips</li> <li>• jacket potatoes</li> <li>• instant potato products such as croquettes</li> </ul>	<ul style="list-style-type: none"> <li>• Bread</li> <li>• couscous</li> <li>• noodles</li> <li>• pasta</li> <li>• rice</li> </ul> <ul style="list-style-type: none"> <li>• Small portion of boiled potatoes, boiled then mashed potatoes or par-boiled roast potatoes</li> </ul>

## Cereals & grains:

<b>Foods to avoid:</b>	<b>More suitable alternative:</b>
<ul style="list-style-type: none"> <li>• All bran</li> <li>• muesli</li> <li>• fruit &amp; fibre, cereals with dried fruit</li> <li>• nuts or chocolate</li> </ul>	<ul style="list-style-type: none"> <li>• Branflakes</li> <li>• cornflakes</li> <li>• porridge</li> <li>• rice krispies</li> <li>• shredded wheat</li> <li>• shreddies</li> <li>• weetabix</li> </ul>

## Protein foods:

<b>Foods to avoid:</b>	<b>More suitable alternative:</b>
<ul style="list-style-type: none"> <li>• Sausages</li> <li>• bacon</li> <li>• reformed ham</li> <li>• tinned meat</li> <li>• chicken nuggets and kiev's</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh meat and poultry</li> <li>• fish</li> <li>• eggs</li> <li>• Quorn and tofu</li> <li>• lentils and pulses</li> </ul>

## Milk and Dairy:

<b>Foods to avoid:</b>	<b>More suitable alternative:</b>
<ul style="list-style-type: none"> <li>• Condensed/ evaporated milk</li> <li>• milk powder</li> <li>• cheese spread such as Dairylea or Primula</li> </ul>	<ul style="list-style-type: none"> <li>• 250ml / ½ pint milk per day</li> <li>• Coffee mate/ Compliment</li> <li>• plant milk alternatives</li> <li>• Yoghurt</li> <li>• fromage frais</li> <li>• cottage cheese</li> <li>• cream cheese</li> <li>• mozzarella</li> <li>• brie</li> <li>• feta</li> <li>• hard cheese (2-3 times a week)</li> </ul>

## Puddings and desserts:

<b>Foods to avoid:</b>	<b>More suitable alternative:</b>
<ul style="list-style-type: none"> <li>• Christmas pudding</li> <li>• chocolate sponge</li> <li>• bread &amp; butter pudding</li> <li>• banoffee pie</li> <li>• other desserts with dried fruit, nuts or chocolate</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit pie/ crumble (see which fruits are suitable above)</li> <li>• plain/jam sponge</li> <li>• trifle</li> <li>• cheesecake</li> <li>• jelly</li> <li>• meringue</li> <li>• milk pudding</li> <li>• mousse</li> </ul>

## Cakes and biscuits:

<b>Foods to avoid:</b>	<b>More suitable alternative:</b>
<ul style="list-style-type: none"> <li>• Chocolate cake</li> <li>• coffee cake</li> <li>• fruit cake</li> <li>• garibaldi's</li> <li>• chocolate biscuits</li> <li>• fig rolls</li> </ul>	<ul style="list-style-type: none"> <li>• Sponge cake</li> <li>• iced buns</li> <li>• cherry cake</li> <li>• digestives</li> <li>• shortbread</li> <li>• hobnobs</li> <li>• ginger nuts</li> </ul>

## Snack foods:

<b>Foods to avoid:</b>	<b>More suitable alternative:</b>
<ul style="list-style-type: none"> <li>• Potato crisps</li> <li>• nuts</li> <li>• seeds</li> <li>• chocolate</li> <li>• toffee</li> <li>• fudge</li> <li>• fruit gums &amp; pastilles</li> <li>• liquorice</li> </ul>	<ul style="list-style-type: none"> <li>• Corn / wheat / rice snacks e.g. Wotsits</li> <li>• Doritos</li> <li>• popcorn</li> <li>• Sunbites</li> <li>• Snack a Jacks</li> <li>• Boiled or jelly sweets,</li> <li>• mints</li> <li>• marshmallows</li> </ul>

## Other:

<b>Foods to avoid:</b>	<b>More suitable alternative:</b>
<ul style="list-style-type: none"><li>• Peanut butter</li><li>• chocolate Spread</li><li>• marmite/ Bovril</li><li>• all soups</li><li>• salt (including sea salt and rock salt)</li><li>• salt substitutes e.g. Lo-Salt, Balance, So Lo</li></ul>	<ul style="list-style-type: none"><li>• Jam/ marmalade</li><li>• honey</li><li>• lemon Curd</li><li>• Garlic, herbs</li><li>• mayonnaise</li><li>• pepper</li><li>• spices</li><li>• vinegar</li></ul>



## Phosphate binder

If the patient has been prescribed a phosphate binder, this will need to be given with meals i.e. breakfast, lunch, evening meal. Sometimes they are also taken with certain snacks – the dietitian will advise on this. Below are the types of phosphate binders and how they should be taken:

Calcichew (calcium carbonate)	Chew thoroughly 10-15 minutes before or immediately before food
Phosex or Renacet (calcium acetate)	Swallow whole after the first 2-3 mouthfuls of food
Osvaren (calcium acetate and magnesium carbonate)	
Renvela or Renagel (sevelamer carbonate or sevelamer hydrochloride)	
Renvela powder (sevelamer carbonate)	Dissolved in 60ml of cold liquid and take after the first 2-3 mouthfuls of food
Fosrenol <b>tablets</b> (lanthanum carbonate)	Chew thoroughly towards the end/immediately after eat meal
Fosrenol <b>powder</b> (lanthanum carbonate)	Mix with a small amount of food and eat immediately

The renal dietitians will be reviewing the patient when they attend dialysis or in clinic and will contact you if there are any issues. If you would like to speak with them, **please call 01865 225 061**.



## **Disclaimer**

The dietitians can only provide advice or information to patients cared for under the Oxford Kidney or Transplant Unit (Churchill hospital). This includes the network units at Banbury, High Wycombe, Milton Keynes, Stoke Mandeville and Swindon (Great Western Hospital). If you do not attend these sites, then please contact your local care team.

## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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