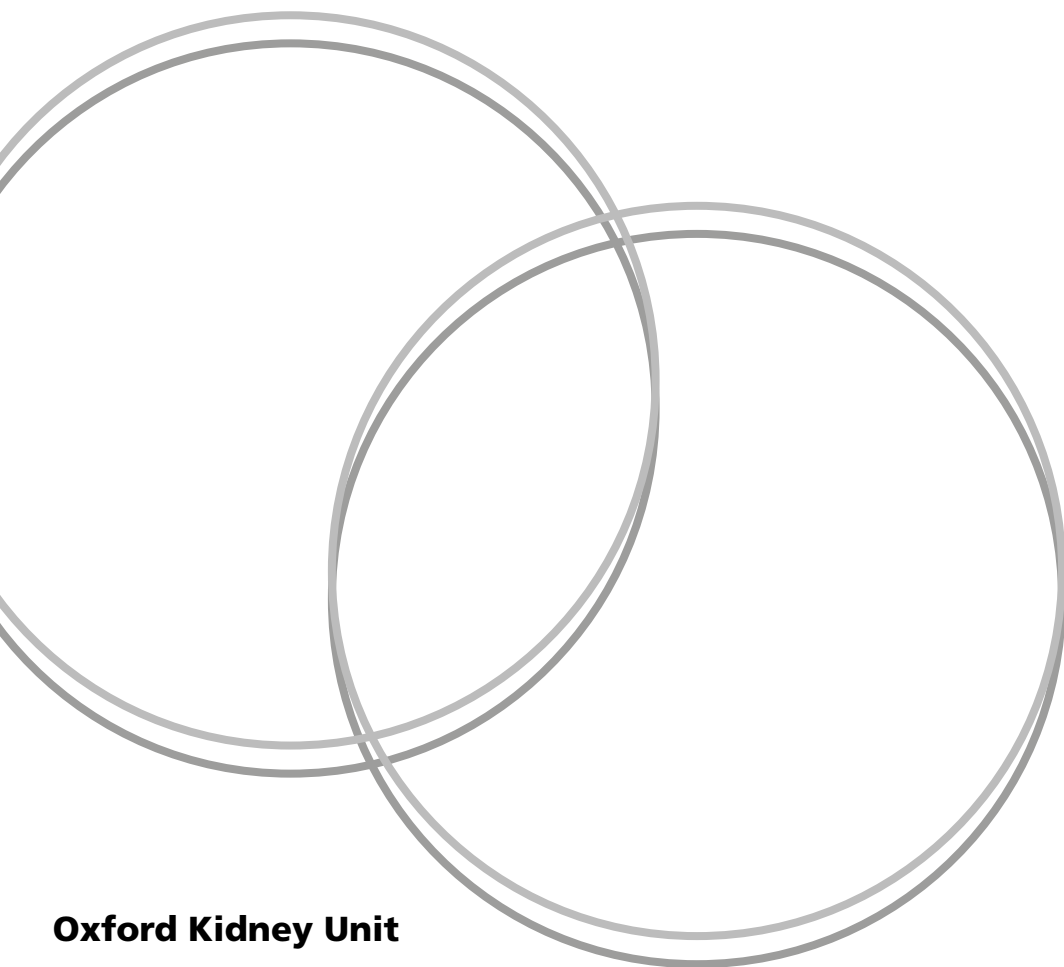




Oxford University Hospitals
NHS Foundation Trust

Renal Dietary Information

Information for Staff



Oxford Kidney Unit

Dietary Advice

Renal patients will usually be given individualised dietary advice prior to their discharge from the ward. This booklet aims to give staff caring for renal patients information to help them continue their special diet.

Salt

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.

Fluid

Renal patients on dialysis will often be on a fluid restriction. This includes all drinks, soup, 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

Protein foods are important for people on dialysis to include in their diet and they should aim for two of their meals a day to contain protein. Good sources of protein include meat, poultry, fish, eggs, lentils, pulses and soya protein products eg Quorn, tofu. A portion of protein would be 1 chicken breast, 1 fillet of fish, 2 eggs or 3-4 heaped tablespoons of beans and pulses.

Potassium

Some patients may also need to limit potassium rich foods. Potatoes and vegetables should be boiled in water and the cooking water drained away to remove potassium. Soup and fruit juice should be avoided.

Please see the tables on the following pages for more information on foods which are higher in salt and potassium to limit and suitable alternatives.

Beverages:

Foods to avoid:	Suitable alternatives:
• Coffee, hot chocolate, malted drinks • fruit juice • high juice squash, Ribena • cola and dark coloured fizzy drinks	• Tea • 1 x weak coffee/day • squash, cordial • light coloured fizzy drinks

Fruit:

Foods to avoid:	Suitable alternatives:
• Apricot • banana • coconut • mango • large oranges • cantaloupe and honeydew melon • rhubarb • all dried fruit	• Apples • berries (handful) • cherries (handful) • clementine/satsumas • grapes (handful) • kiwi • peach/nectarine • pears • plum • watermelon • tinned fruit with juice drained off

Vegetables:

Foods to avoid:	Suitables alternatives:
• Asparagus • aubergine • baked beans • beetroot • celery • mushroom • parsnips • spinach • sprouts 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	• Broccoli • cabbage • carrots • cauliflower • cucumber • green beans • lettuce • peas • peppers (capsicum) • swede/ turnip Cooked vegetables should be boiled rather than steamed or or microwaved, and then discard the water.

Carbohydrates:

Foods to avoid:	Suitables alternatives:
• Chips • jacket potatoes • instant potato products such as croquettes and hashed browns	• Bread • couscous • noodles • pasta • rice • Small portion of boiled potatoes, boiled then mashed potatoes or par-boiled roast potatoes

Cereals & grains:

Foods to avoid:	Suitable alternatives:
• All bran • muesli • fruit & fibre, cereals with dried fruit • Cereal containing nuts or chocolate	• Branflakes • cornflakes • porridge • rice krispies • shredded wheat • shreddiees • weetabix

Protein foods:

Foods to avoid:	Suitable alternatives:
• Sausages • bacon • reformed ham • tinned meat • chicken nuggets and kiev's	• Fresh meat and poultry • fish • eggs • Quorn and tofu • lentils, pulses and beans

Milk and Dairy:

Foods to avoid:	Suitable alternatives:
• Condensed/ evaporated milk • milk powder • cheese spread such as Dairylea or Primula	• 250ml / ½ pint milk per day • Coffee mate/ Compliment • plant milk alternatives • Yoghurt • fromage frais • cottage cheese • cream cheese • mozzarella • brie • feta • hard cheese (2-3 times a week)

Puddings and desserts:

Foods to avoid:	Suitable alternatives:
• Christmas pudding • chocolate sponge • bread & butter pudding • banoffee pie • other desserts with dried fruit, nuts or chocolate	• Fruit pie/ crumble (see which fruits are suitable above) • plain/jam sponge • trifle • cheesecake • jelly • meringue • milk pudding • mousse

Cakes and biscuits:

Foods to avoid:	Suitable alternatives:
• Chocolate cake • coffee cake • fruit cake • garibaldi's • chocolate biscuits • fig rolls	• Sponge cake • iced buns • cherry cake • digestives • shortbread • hobnobs • ginger nuts

Snack foods:

Foods to avoid:	Suitable alternatives:
• Potato crisps • nuts • seeds • chocolate • toffee • fudge • liquorice	• Corn, wheat or rice snacks e.g. Wotsits, Doritos, Sunbites, Snack a Jacks • popcorn • Boiled or jelly sweets • mints • marshmallows

Other:

Foods to avoid:	Suitable alternatives:
• Peanut butter • chocolate spread • Marmite/ Bovril • all soups • salt (including sea salt and rock salt) • salt substitutes e.g. Lo-Salt, Balance, So Lo	• Jam/ marmalade • honey • lemon curd • garlic • mayonnaise • pepper • herbs and spices • vinegar

Phosphate binder medication

If the patient has been prescribed a phosphate binder, they need to take them at 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
Renacet (calcium acetate)	Swallow whole after the first 2-3 mouthfuls of food
Renvela (sevelamer carbonate) or Renagel (sevelamer hydrochloride)	
Renvela powder (sevelamer carbonate)	Dissolved in 60ml of cold liquid and take after the first 2-3 mouthfuls of food
Fosrenol tablets (lanthanum carbonate)	Chew thoroughly towards the end/immediately after eat meal
Fosrenol powder (lanthanum carbonate)	Mix with a small amount of food and eat immediately

How to contact us

Oxford Renal Dietitians

Telephone: **01865 225 061**

(8.00am to 4.00pm, Monday to Friday)

Please leave a message on the answerphone and one of the dietitians will get back to you.

We can only provide advice or information if we care for you under the Oxford Kidney or Transplant Unit (Churchill Hospital).

This includes the network units at Banbury, High Wycombe, Milton Keynes, Stoke Mandeville, Swindon (Great Western Hospital) and Whitehouse Dialysis Unit. If you do not attend these sites, please contact your local care team for support.

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.

Authors: Renal Dietitian Team

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Oxford University Hospitals NHS Foundation Trust

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