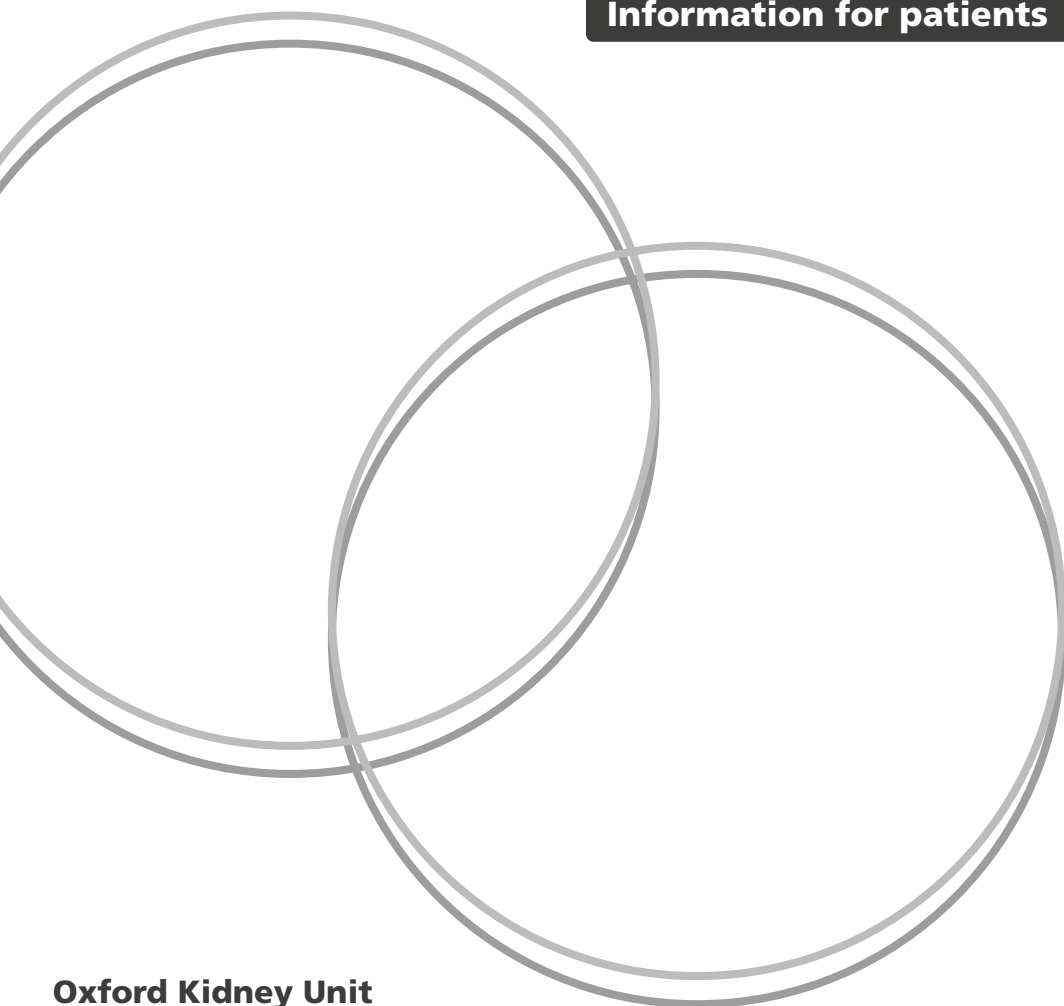


Festive foods for people with Chronic Kidney Disease

Information for patients



Christmas is coming and it can sometimes feel difficult to balance dietary restrictions for your kidneys with all the festive food and drinks available at this time of the year. Below are some tips to help make this feel easier whilst still enjoying the festive season.

Top tips

- Try to have regular meals rather than grazing on lots of snacks throughout the day. If these are higher in salt or potassium, they can soon add up.
- If eating at a friend or family member's house, you can offer to bring a dish that you know will be suitable for your dietary restrictions.
- If eating at a restaurant, check menus ahead of time so that you can choose the best options (we also have a diet sheet to help with eating out on a renal diet – ask your dietitian).
- Some restaurants will make dishes with less salt or without certain ingredients if you ask when ordering.
- If safe and able to exercise, consider a walk on Christmas Day or Boxing Day.
- If you take phosphate binders, take them with you if you go out and have them with any meals and higher phosphate snacks – your dietitian or doctor can help advise.

Festive drinks

If you need to limit your fluid intake it can be challenging to keep to your allowance. If you are visiting people or entertaining, you may feel under pressure to drink more. Try to keep to your normal fluid intake by avoiding drinking with meals and only filling your glass or mug to the halfway point.

Below are some good choices for drinks to enjoy over the festive period. Also see overleaf for some renal suitable festive drinks to make at home.

Non alcoholic

- Lime and soda
- Ginger beer
- Lemonade, cherryade, orangeade
- Sparkling water, flavoured water
- Squash/cordial, cranberry juice
- Tea and fruit tea

Alcoholic

- Spirits
- Port
- Sherry and liqueurs

Party nibbles and dips

Popcorn and breadsticks are great choices for savoury snacks. Tortilla chips, wheat, rice or corn snacks are also better choices than potato crisps.

If you like cheese and often have a cheese board at Christmas, the better options to choose are brie, camembert, mozzarella, cream cheese, soft goats' cheese, or feta.

Crackers, blinis, and rice cakes can be a delicious choice when topped with hummus, cannellini bean dip, tzatziki, raita or cream cheese topped with chives.

Christmas day

- Roast meat (turkey, chicken, beef, pork, lamb, goose, duck) are all good choices.
- There are a variety of vegetarian roast options, such as Quorn, soya or nut roasts.
- Boil all your vegetables and discard the water.
- Parboil your potatoes and parsnips before roasting and discard the water.
- Enjoy a Yorkshire pudding, even better if homemade.
- Try making homemade gravy to reduce your salt intake (see recipe overleaf) or opt for reduced salt gravy granules.
- Cranberry sauce and apple sauce are both good options you can have with your Christmas meal.

Desserts and sweet treats

Choose these, which are lower in potassium:

- clementine/satsumas, berries, apples, pears, peach/nectarines
- trifle, steamed treacle sponge, lemon meringue pie, pavlova, panacotta, apple crumble
- shortbread, brandy snaps with cream, gingersnap biscuits
- Arctic roll, jam and cream roll, jam roly-poly
- brandy or rum butter, small spoon of clotted/double cream
- jelly sweets, marshmallows, Turkish delight, mints.

Rather than these, which are higher potassium:

- bananas, large oranges, figs, coconut, mango, dried fruit
- traditional Christmas cake and pudding, chocolate pudding, rhubarb crumble, panettone
- chocolate cookies, minced pies
- chocolate yule log
- brandy sauce, chocolate sauce
- chocolate, fudge, toffee, liquorice, marzipan.

See overleaf for more suitable versions of Christmas cake, Christmas pudding and mincemeat!

Recipes

Drinks

Snowball cocktail

Makes 1 drink

Ingredients

- 50ml Advocaat
- 100ml Lemonade
- 10ml Lime cordial (optional)

Method

- 1) Add around 4-5 ice cubes to a glass and add the optional lime cordial if you are adding this.
- 2) Pour the Advocaat and lemonade over the ice and stir gently.

Christmas cranberry mocktail

Makes 1 drink

Ingredients

- 100ml Cranberry juice
- 100ml Lemonade
- 1 clementine, cut into segments (to garnish)

Method

- 1) Mix all the liquid ingredients together and serve in a glass with the clementine garnish.

Mulled tea

Makes 4-6 drinks

Ingredients

- 4 cloves
- 1 bay leaf
- 1 cinnamon stick
- 140g frozen mixed berries
- 1 tsp cranberry sauce
- ½ large orange
- 1 x green tea teabag

Method

- 1) Add 1 litre of water to a large saucepan and add cloves, bay leaf, berries, cranberry sauce, and orange.
- 2) Bring to the boil, stirring occasionally and then take off the heat
- 3) Add in the teabag and leave for 2-3 minutes.
- 4) Strain the contents through a sieve into a heatproof jug and serve warm.

Savoury nibbles

Homemade pitta chips

Ingredients

- Pitta bread
- Olive oil
- Mixed herbs or paprika

Method

- 1) Split the pitta breads open with a knife or pair of scissors, sometimes lightly heating them can help them open.
- 2) Cut the pitta bread into small triangles.
- 3) Brush the pitta triangles with olive oil and sprinkle with either dried herbs or paprika.
- 4) Put on a baking tray and bake in an oven preheated to 210°C for 5-10 minutes.

Brie and cranberry parcels

Makes 18 parcels

Ingredients

- 12 sheets of ready rolled filo pastry
- 100g unsalted butter
- 250g Brie
- 75g cranberry sauce
- 50g chopped walnuts
- Sprinkling of poppy seeds (optional)

Method

- 1) Heat oven to 220°C/gas mark 7. Melt the butter and brush it over each sheet of filo and then stack two of the filo sheets on top of each other with wide edges facing towards you.
- 2) Cut the Brie into 18 chunky fingers and space 3 fingers across the bottom of the filo sheet. Top each finger with 1 tsp cranberry sauce and then sprinkle over a few chopped walnuts.
- 3) Roll up the filo pastry from the bottom. Cut into each roll into three parcels and twist the ends of each parcel to seal. Brush parcels with more butter and sprinkle with poppy seeds.
- 4) Stack another 2 filo sheets on top of one another and repeat steps 2-4 using up all ingredients. Bake in the oven for 10 minutes. Once browned, remove from the oven and allow to cool slightly before serving.

Biscuits, cakes and puddings

Lower potassium Christmas cake

Serves 12

Ingredients

- 100g/4oz butter or margarine
- 50g/2oz brown sugar
- 150g/6oz plain flour
- 2 tsp baking powder
- 2 tsp mixed spice
- 1 egg, beaten
- 100g/4oz glacé cherries
- 100g/4oz mixed peel
- 50g 2oz tinned pineapple
- A little juice from tinned fruit to mix it into a soft dough.

Method

- 1) Grease and line a 6" (15cm) cake tin.
- 2) Cream the margarine with the sugar and then stir in the beaten egg.
- 3) Mix the flour with the baking powder and mixed spice and fold into the egg mixture. Add the fruit and stir well.
- 4) Bake in the oven at 160°C (gas mark 3) for approximately 90 minutes.

Alternative marzipan

Ingredients

- 150g/4½oz margarine
- 100ml water
- 4 tsp almond essence
- 250g/9¼ oz caster sugar
- 250g/9¼ oz semolina
- Grated rind of 2 lemons

Method

- 1) Heat the water and let the butter melt in it.
- 2) Add the sugar and grated lemon rind. Heat until the sugar has dissolved.
- 3) Add the semolina and stir over a gentle heat for 5 minutes or until the semolina has cooked.
- 4) Stir in the essence.
- 5) Pour into a dish and chill until firm, use icing sugar for rolling out.
- 6) Cover the top and sides of the cake with the marzipan.

Glacé icing

Ingredients

- 250g / 10oz icing sugar
- ½ tsp lemon juice
- 2-3 tbsp water
- Drop of almond essence (optional)

Method

- 1) Sieve the icing sugar and mix with the lemon juice, almond essence and enough water to make a thick paste.
- 2) Use to decorate your Christmas cake. You can also use the icing to decorate shortbread and biscuits.

Christmas pudding cheesecake

Serves 10

An indulgent treat that is lower in potassium than a traditional Christmas pudding.

Ingredients

- 65g unsalted butter
- 140g ginger nut biscuits, crushed
- 240g Christmas pudding
- 40g caster sugar
- Zest and juice of 1 orange
- 350g full fat cream cheese
- 280ml double cream
- 2 vanilla pods
- 20ml brandy or extra orange juice
- 2 clementines
- 30g light muscovado sugar

Method

- 1) To make the base, melt the butter in a pan. Crush the ginger nut biscuits and add to the melted butter. Mix in a bowl to form a biscuit crumb.
- 2) Press into a 20cm round spring form cake tin, spreading the mixture in an even layer to the sides of the tin. Chill in the fridge for 30 minutes until set.
- 3) Put the Christmas pudding, brandy and orange juice, with the orange zest into a blender and whizz to a puree.
- 4) Using an electric whisk, beat the cream cheese with the double cream, sugar and vanilla seeds and fold through the puree. Spread the mixture over the biscuit base and leave to chill in the fridge overnight.

- 5) The next day, peel the clementines, slice into rounds and place on a baking tray. Sprinkle them with a little muscovado sugar, then blowtorch or place under a grill until caramelised. Leave them to cool.
- 6) Release the cheesecake from the tin and arrange the clementines on top.

Mincemeat for mince pies

**Makes 16 around
mince pies**

Ingredients

- 1 large Bramley apple, peeled and grated
- 25g/1oz butter/spread
- 50g/2oz glacé cherries
- Few drops of brown food colouring
- 50g/2oz sugar
- 1 heaped tsp mixed spice
- 100g/4oz chopped candied peel
- 1tbsp brandy or rum

Method

- 1) Put all ingredients in a large bowl and mix thoroughly. Use to make mince pies.

Gingerbread Christmas log

Serves 12

Made without chocolate or dried fruit makes it a great low potassium festive indulgence suitable for everyone.

Ingredients

- 50g unsalted butter
- 50g treacle
- 50g golden syrup
- 2 balls stem ginger from a jar
- 2 tbsp stem ginger syrup
- 4 large eggs
- 100g dark muscovado sugar
- 100g plain flour
- ½ tsp baking powder
- 2 tsp ground ginger
- Additional butter for greasing

Icing

- 200g unsalted butter, softened
- 250g icing sugar
- 2tsp vanilla extract
- 3 tbsps stem ginger syrup

Method

- 1) Heat oven to 190°C/170°C fan/gas mark 5. Grease and line a 20 x 30cm Swiss roll tin with baking parchment, then grease the parchment. Put the treacle, syrup, butter and grate the stem ginger in to a pan, heat until melted and stir to combine, then set aside to cool.
- 2) Put the eggs and sugar in a bowl and whisk for 10 minutes using an electric hand whisk until light, mousse like and doubled in size. The mixture is ready when it holds a ribbon trail from the beaters for 3 seconds. Sift over the flour, baking powder and spices, then pour the melted butter mixture around the sides of the bowl so that it trickles down into the whisked eggs.
- 3) Gently fold everything together. When just combined, pour the mixture into the Swiss roll tin and ease it into the corners. Bake for 12 mins until just cooked. While the sponge is cooking, lay a sheet of baking parchment, big enough to fit the cake, on your work surface and dust with a little sugar.
- 4) Once baked, tip the cake directly onto the parchment. Use a serrated knife to score a line about 2cm from one of the shorter ends, making sure you do not cut all the way through. Gently roll up from this end, rolling the parchment between the layers. Leave to cool like this on a wire rack to help set the shape.
- 5) To make the icing, put the ingredients in a bowl and whisk until smooth. Transfer to a piping bag fitted with a large round nozzle. Unroll the sponge and drizzle the surface with the ginger syrup. Pipe a layer of ginger buttercream over the inside of the roll, then use the paper underneath to help tightly re-roll into a roulade. Slice off both ends for a neat finish.
- 6) Place the log on a serving plate or board. Use the remaining icing to pipe a thick layer over the top of the sponge, zigzagging backwards and forwards to create a pattern. Decorate with white pearl sprinkles if you like.

Spiced pears – serves 6

Ingredients

- 6 medium pears, peeled and sliced
- 150g / 6oz soft brown sugar
- 2 tablespoons ginger (crystallised)
- 1 ½ teaspoons rum extract
- ¼ teaspoon ground cinnamon
- Ground all spice (dash)
- 25g / 1oz butter/spread

Method

- 1) Arrange the pear slices in a baking dish.
- 2) Combine the brown sugar, ginger, rum extract, cinnamon and all spice.
- 3) Sprinkle the brown sugar mixture over the pears. Dot with margarine.
- 4) Bake at gas mark 4/180°C for 20 minutes.
- 5) Serve hot.

Christmas lunch

Stuffing

Serves 6

Ingredients

- 1 stalk of celery
- ½ apple
- 1 small onion
- 75g/2 ½ oz unsalted butter
- 4 slices of bread
- 1 egg
- ¼ tsp pepper
- 1 tsp ground sage and 1 tsp ground thyme

OR

- 1 tsp rosemary, 1 tsp parsley and 1 tsp oregano

Preparation

- 1) Preheat oven to 160° C.
- 2) Grate or roughly blitz in a food processor the celery and onion and then place to one side, then grate or roughly blitz in a food processor the apple.
- 3) Create small cubes from the bread slices.
- 4) Melt butter in a skillet over medium heat and sauté celery and onion, stirring frequently.
- 5) Stir in 1/3 of the bread cubes.
- 6) Remove from heat and place bread mixture in a deep bowl.
- 7) Add remaining bread cubes, apple, egg, pepper and herbs; mix well.
- 8) Place stuffing in a greased baking dish. Cover and bake for 30 minutes.
- 9) Remove cover and bake an additional 15 minutes.

Gravy

After roasting, remove the meat from the roasting tin, leaving some of the fat behind. Sprinkle 2 level tbsp of flour into the tin and cook over a medium heat for 1-2 minutes. Gradually blend in 3/4 of a pint (425ml) water (add a low salt stock cube if you prefer), add ground pepper and a tsp of cranberry or redcurrant jelly if available. Simmer for two minutes more and pour into a jug to serve.

Nut and aubergine roast

8 portions
(can be frozen)

Ingredients

- 2 tbsp olive oil
- 1 onion, finely chopped
- 1 clove garlic, crushed
- 50g button mushrooms, finely chopped
- 50g aubergine, finely chopped
- 2 carrots, grated
- 40g breadcrumbs
- 100g 'Rice & Quinoa' pouch
- Black pepper
- 250g mixed nuts, chopped
- 30g parsley, finely chopped
- Half a very low-salt vegetable stock cube

Method

- 1) Heat oven to 175°C/155°C fan/gas mark 3 and oil a silicone 907g (2lb) loaf tin or line a metal loaf tin with parchment paper. In a frying pan, heat the remaining oil and sauté the onion and garlic until soft. Add the mushrooms, aubergine and carrot to the frying pan and sauté until soft.
- 2) In a bowl, mix the breadcrumbs, rice and quinoa together with the black pepper and nuts. Add the sautéed vegetables, chopped parsley, and vegetable stock (made with 50ml of boiling water), then mix until well combined. Pour the mixture into the loaf tin and press down to ensure it is evenly spread and firm. Bake for 40 minutes.
- 3) Once cooked, remove the nut roast from the oven and leave to cool in tin for 10 minutes. Serve the nut roast with vegetables and potatoes of your choice and pour over your desired amount of gravy.

Christmas day leftovers

The below recipes use turkey or chicken as their meat, but other leftover meat or vegetarian protein would also work great!

Turkey risotto

Serves 4

Ingredients

- 2 tbsp olive oil
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 400g/14oz diced cooked turkey
- 350g/12oz risotto rice
- 2 tsp dried rosemary or thyme (optional)
- 1litre reduced-salt chicken stock (hot)
- 200g/7oz peas or broccoli, pre-boiled
- 50g/1½ oz parmesan cheese, grated

Method

- 1) Heat the oil in a deep pan and gently cook the onion and garlic until they are soft but not browned (approximately 5 minutes). Stir in the chicken or turkey and fry for 3-4 minutes.
- 2) Add the rice and dried herbs and stir for a minute to coat the rice.
- 3) Pour in the hot stock a ladle at a time and stir continuously until absorbed by the rice (approximately 15 minutes). Add a bit more stock if needed. The rice should be soft.
- 4) Add in the pre-cooked broccoli or peas and stir in the cheese.
- 5) Spoon the risotto into bowls and serve.

Simple butter turkey curry

Serves 4

Ingredients

- 1 tbsp vegetable oil
- 1 tbsp butter
- 1 medium onion, sliced
- 1 tsp grated or minced/grated ginger
- 3 cloves garlic
- 400g cooked turkey or leftover poultry or meat
- 1 tin of chopped tomatoes
- 1 tbsp garam masala
- 1 tsp chilli
- 1 tsp cumin
- ½ tsp tumeric
- ¼ tsp black pepper
- 150ml cream

Method

- 1) Heat a sauce pan over a medium-high heat and add the oil and butter.
- 2) Cook the onions for around 3 minutes until they are lightly brown.
- 3) Add in the garlic and ginger whilst constantly stirring so they don't burn.
- 4) Add the spices and cook for 30 seconds while continually stirring, then add the can of tinned tomatoes and cook for 5 minutes or until it is cooked through.
- 5) Add in the leftover turkey.
- 6) Add in the cream and simmer for around 10 minutes, stirring occasionally.
- 7) Serve with basmati rice.

You can also add in additional par-boiled, low potassium vegetables, such as peas, cauliflower, cabbage or carrot.

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.

Useful websites

Oxford Kidney Unit

Lots of information about the Oxford Kidney Unit for patients and carers.

Website: www.ouh.nhs.uk/oku

UK Kidney Association

Patient information leaflets and advice

Website: www.ukkidney.org/patients/information-resources/patient-information-leaflets

Kidney Patient Guide

Information for patients with kidney failure and those who care for them.

Website: www.kidneypatientguide.org.uk

Kidney Care UK

A charity which has lots of practical support and information for people with kidney disease.

Website: www.kidneycareuk.org

Six Counties Kidney Patients Association

The SCKPA is run for patients by patients or family members. They offer support to people suffering from kidney disease or who are on dialysis. They work closely with the Oxford Kidney Unit and have branches in Oxfordshire, Northamptonshire, Buckinghamshire, and Milton Keynes, and parts of Wiltshire, Gloucestershire and Berkshire.

Website: www.sckpa.org.uk

National Kidney Federation

A charity which has lots of practical support and information for people with kidney disease.

Website: www.kidney.org.uk

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



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