Nutrition & Dietetics

What food to bring relatives on the renal ward
What food or drink is appropriate?

Most patients on the renal ward will need to be careful with the potassium and salt content of their diet. All food items provided on the Renal Ward will be controlled for potassium and salt. However, you may want to bring in food for your relative or friend. This leaflet will assist you in choosing appropriate foods.

Please be aware that whilst dietary restrictions may be necessary during a hospital admission, they may not need to be continued once discharged home. If a renal diet is needed to be continued at home, your ward dietitian will liaise directly with the patient, family or carer(s) and written information will be provided on discharge.

Please liaise with the medical team or renal dietitian if you have any concerns.
The following would be suitable:

- Apples, pears, plums, satsumas, strawberries, blueberries*
- Biscuits (no nuts or dried fruit added)
- Sponge cake, Madeira cake, doughnuts, plain cupcakes, jam tarts
- Pancakes, scones, crumpets
- Corn-based snacks (e.g. Wotsits, Skips, tortilla chips)
- Wheat-based crackers or unsalted rice cakes
- Milk yoghurts**, soya puddings, pudding pots
- Homemade sandwiches (no tomato, careful with salty fillings such as ham, bacon and cheese)
- Wine Gums, boiled sweets, peppermints
- Fruit cordial, squash, barley

*Limit fruit to 2 portions a day (a portion will fit into the palm of your hand).
** To be labelled, dated and stored in the relative’s fridge

If you are diabetic please be careful to limit sweet and sugary food and drink unless otherwise informed.
Please refrain from bringing the following items:

- Bananas, grapes, mango, melon
- Fruit puddings
- Potato crisps and salted savoury snacks
- Chips
- Curries with dhal/spinach/aubergine added
- Baked beans
- Dried fruits and salted/dry roasted nuts
- Solid-bars of chocolate and chocolate coated dried fruit or nuts
- Liquorice, fudge, toffee
- Coffee and hot chocolate (suggested maximum: one cup per day)
- Cup-a-soup/soup sachets
- Chocolate-covered dried fruit/nuts
- Cola and Dr. Pepper
- Pure fruit juice/smoothies
- Ribena or high juice
Notes
Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the PALS and Complaints Team on freephone 0800 328 7971.
If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tëtër, ju lutem na kontaktoni

আপনি যদি এই তথ্যটি অন্য ভাষায় বা মাধ্যমে (ফর্মেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন।

Nếu bạn cần thông tin bằng một ngôn ngữ hoặc định dạng khác, hãy yêu cầu chúng tôi.

若您需要本信息的另一种语言或格式的版本，请与我们联系。

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Produced by registered dietitians.
This service is provided by our Older People Directorate.