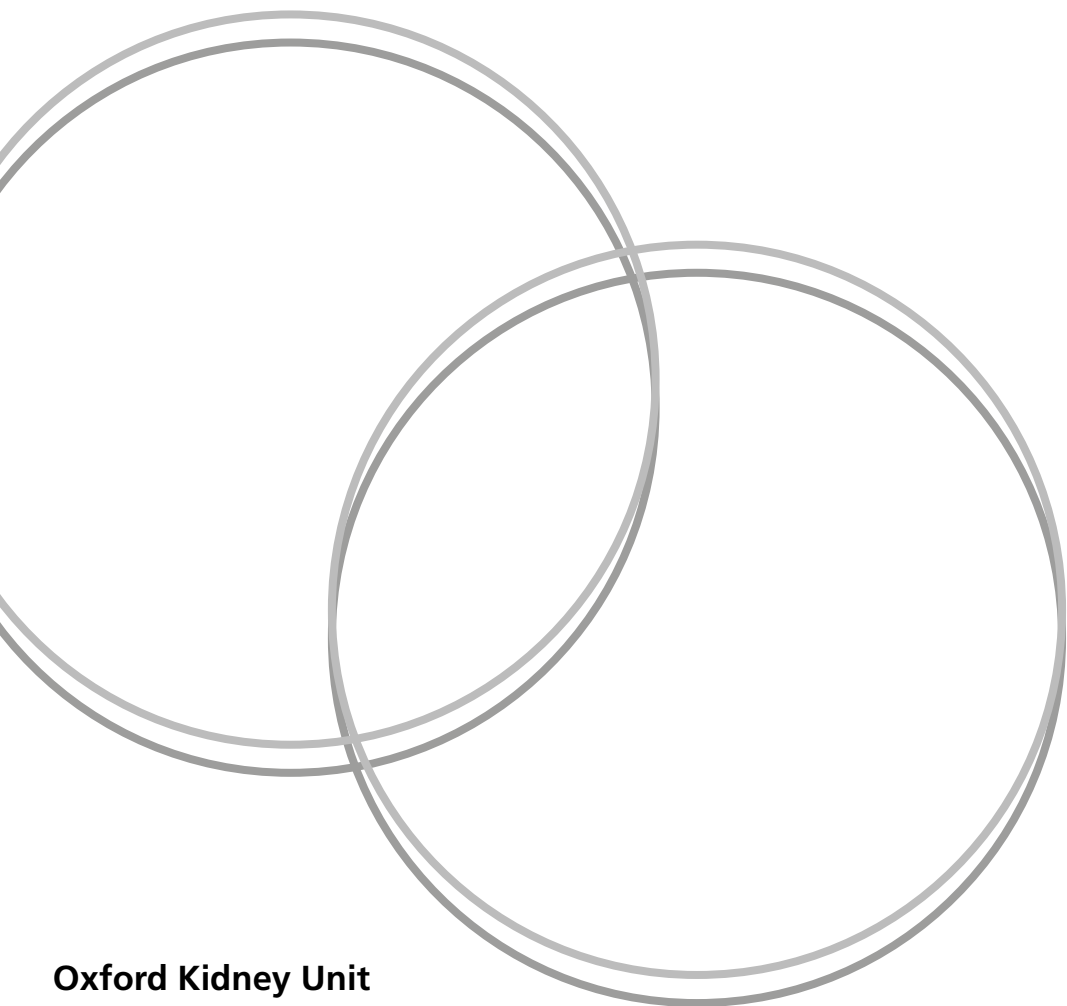


What foods can relatives bring me whilst I am on the renal ward?



If you have been admitted to the renal ward it may be because there has been a temporary decline in your kidney function. This is often known as Acute Kidney Injury (AKI). Symptoms of AKI can include a loss of taste, appetite, feeling sick and vomiting. The ward dietitians will be able to support you with your diet during this time.

During your stay on the renal ward, you may also need to limit the amount of salt and potassium in your diet. Whilst the hospital meals and snacks are all suitable, you may also wish to have other foods that you enjoy brought in by family and friends. The table below provides a guide of foods that they can bring in for you and those that we would advise avoiding.

Cereals

Suitable choices

- Plain cereals e.g. Weetabix, Shreddies, Cornflakes, Frosties, Cheerios, Rice Krispies and porridge (including plain or syrup porridge pots)
- Plain cereal bars (without dried fruit, nuts or chocolate)

Unsuitable choices

- Cereals containing dried fruit, nuts or chocolate e.g. Muesli, Fruit and fibre, Sultana bran, Grape nuts and porridge pots with dried fruit
- Cereal bars containing fruit, nuts or chocolate

Fruit

Suitable choices

- | | |
|---------------|---------------|
| • Apples | • Nectarines |
| • Pears | • Mandarins |
| • Peaches | • Blueberries |
| • Satsumas | • Plums |
| • Tangerines | • Raspberries |
| • Clementines | • Watermelon |

Unsuitable choices

- | | |
|-----------|-----------------------------|
| • Apricot | • Melon (except watermelon) |
| • Bananas | • Large oranges |
| • Grapes | • Dried fruit |
| • Mango | |

Savoury snacks

Suitable choices

- Bagels
- Croissants
- Plain crackers e.g. cream crackers, water biscuits, oat cakes
- Bread sticks
- Plain popcorn
- Vegetable and meat samosa
- Carrot and hummus pots
- Cold boiled eggs

Unsuitable choices

- Crisps
- Nuts (plain or salted)
- Salted popcorn
- Salted corn kernel snacks
- Onion bhaji
- Potato salad
- Cherry tomatoes

Light meals

Suitable choices

- Pasta pots with salmon, tuna, chicken and beans/pulses
- Packaged sandwiches, wraps and salads with egg, tuna, chicken, salmon or prawns

Unsuitable choices

- Pasta pots/ready meals with tomato sauces, bacon or ham
- Packed sandwiches and wraps with cheese, sausage, ham, bacon or avocado
- Soup sachets such as Cup-a-soup and Noodle soup

Sweet snacks

Suitable choices

- Plain biscuits e.g. shortbread, ginger biscuits, rich tea and digestive biscuits
- Biscuits filled with jam or cream
- Plain flapjack
- Boiled sweets and mints

- Fromage frais
- Plain cake e.g. Victoria sponge or Madeira cake
- Ice pops

Note: If you would like some chocolate, opt for chocolate coated varieties such as Kit Kats or chocolate digestives

Unsuitable choices

- Solid chocolate bars
- Chocolate bars with nuts or dried fruit
- Biscuits or cookies with nuts, dried fruit or chocolate
- Cakes / cake slices with nuts, dried fruit or Marzipan

- Liquorice
- Fudge
- Toffee
- Malt loaf/Soreen
- Fruit cake

Puddings

NOTE: Chilled products will need to be kept in the refrigerator. Please let the nurses know if you are not eating this immediately and they will be able to store it in the patient fridge for you. If not eaten within 3 days or within the use by date, this will be thrown away.

Suitable choices

- Cheesecake
- Rice pudding and custard pots
- Trifle
- Crème caramel
- Treacle and egg custard tart
- Plain or fruit yogurts

Unsuitable choices

- Puddings with chocolate, fruit or nuts

Drinks

Suitable choices

- Bottled water, including flavoured and sparkling water
- Squash or cordial drinks
- Light coloured fizzy drinks such as Lemonade, Fanta or Lilt

Unsuitable choices

- Coffee
- Hot chocolate
- Dark-coloured fizzy drinks such as Cola, Dr Pepper and Pepsi
- Fruit juices or smoothies
- Milkshakes

Your diet at home

Whilst you may have needed to follow dietary restrictions when in hospital, you may not need to continue these once you go home. If you do need to make ongoing changes to your diet, the ward dietitian will talk with you and your family or carers and provide you with advice and support on how to adapt your diet.

Contacts

Renal Dietitians

Tel: **01865 225 061**

Please leave a message on the answerphone and one of the team will call you back.

Further information

Oxford Kidney Unit

The website has lots of information about the Oxford Kidney Unit for patients and carers.

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

Further Information

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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