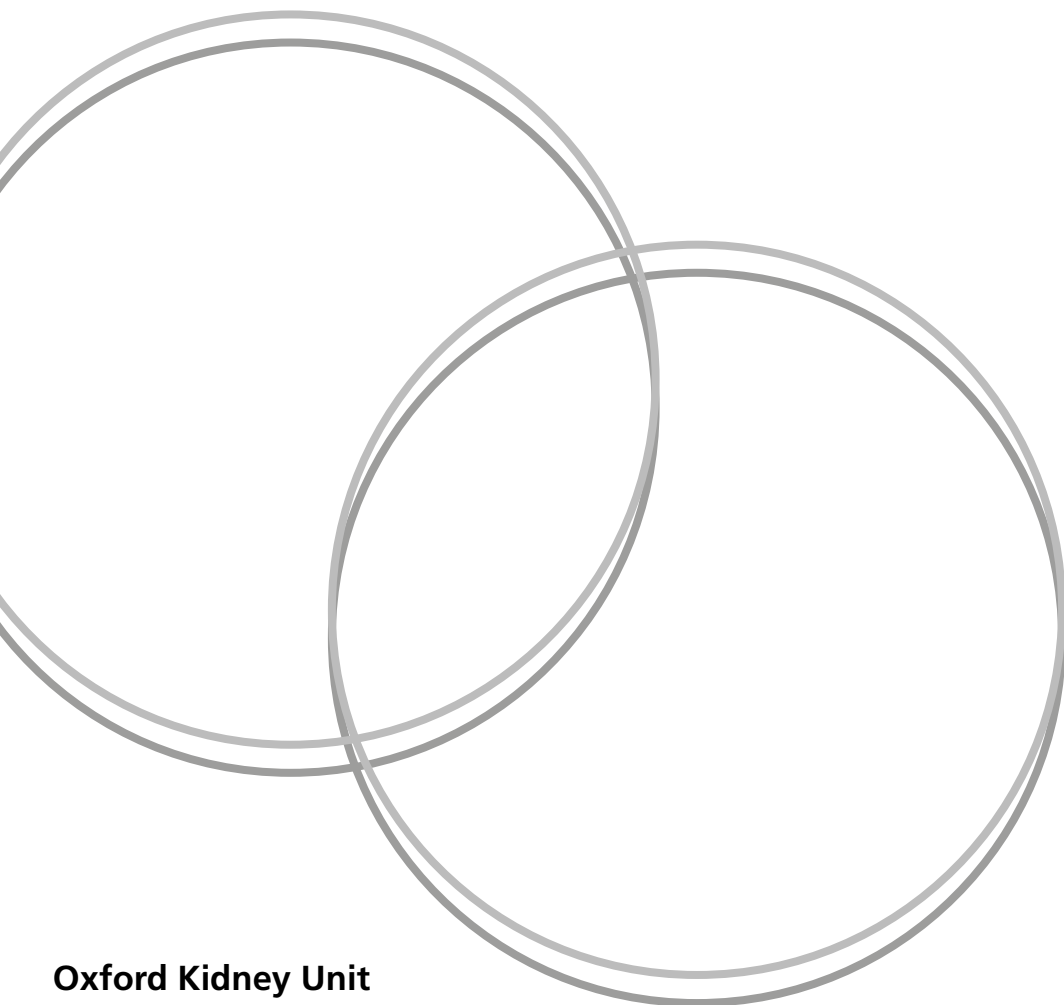




Oxford University Hospitals
NHS Foundation Trust

Renal: Festive foods for people with Chronic Kidney Disease



Oxford Kidney Unit

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.
- Try to get some exercise over the festive period. A walk on Christmas Day and Boxing Day is a good choice if the weather is nice.
- If you take phosphate binders, make sure you take them with you if you go out and that they are taken with any meals and higher phosphate snacks – your dietitian or doctor can help advise with this.

Christmas beverages to enjoy

If you need to limit your fluid intake it can be challenging to keep to your allowance. If you are visiting people and 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 & 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.

On 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 or soya roasts.
- Boil all your vegetables and discard the water.
- Parboil your potatoes before roasting and discard the water.
- Enjoy a Yorkshire pudding, even better if homemade.
- Try making a homemade gravy and bread sauce to reduce your salt intake (check our recipe overleaf), or opt for a lower salt gravy, e.g. Kallo Zero stock cubes, Kallo low salt gravy granules or baby stock cubes.
- Cranberry sauce and apple sauce are both good options you can have with your Christmas meal.

Suitable desserts and sweet treats

Choose these

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

Rather than these

- bananas, large oranges, figs, coconut, mango, dried fruit
- traditional Christmas cake and pudding, chocolate pudding, rhubarb crumble, panettone
- gingerbread, 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 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 a 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.

Vegetable spring rolls – makes 6 rolls

Ingredients

- 2 sheets filo pastry
- 150g / 6oz bean sprouts
- 75g / 3oz carrots, cut into strips
- 40g / 1½ oz spring onions
- 2 cloves garlic, chopped
- 2 tsp root ginger, grated
- 1 tsp fresh mint
- 1 tsp fresh coriander
- 3 tsp oil
- Pinch black or white pepper
- 4 tsp cornflour
- 2 tbsp light soy sauce
- 1 tbsp olive oil for brushing

Method

- 1) Heat the oil in a pan and add the grated ginger and garlic and stir.
- 2) Toss in the carrots and bean sprouts and cook for a few minutes. Season with pepper and add the soy sauce.
- 3) Take off the heat, stir in the mint and coriander and allow to cool.
- 4) Spread the filo pastry out into a large square. Cut strips lengthways, approximately 6" (15cm) across.
- 5) Place some of the filling at one end, leaving half an inch either side of the filling.
- 6) Fold the outsides into the middle and roll around.
- 7) Seal with lightly beaten egg white and place on a cloth that has been sprinkled with cornflour, and then keep in the fridge until needed.
- 8) Brush with oil and bake at 220°C (gas mark 7) for 8-10 minutes.

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 teaspoons 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.

Renal friendly Christmas pudding – serves 8

Ingredients

- 250g / 9oz canned pineapple pieces
- 100g / 4oz Demerara sugar
- 50g / 2oz glacé cherries, roughly chopped
- 175g / 6oz self-raising flour, sifted
- Grated rind of one lemon
- 100g / 4oz butter
- 2 eggs, beaten
- 50g / 2oz sultanas
- 2-3 tsp mixed spice

Method

- 1) Drain the pineapple through a sieve. Chop the fruit into smaller pieces.
- 2) Cream the butter and sugar until light and fluffy, then beat in the eggs.
- 3) Fold in the cherries, pineapple pieces, sultanas, and lemon rind.
- 4) Gently fold in the flour and mixed spice.
- 5) Transfer into a 1½ pint (900ml) pudding basin and cover with a piece of buttered foil with a centre pleat to allow for expansion. Steam for 1½ hours until firm.
- 6) Turn out and serve with double cream, custard or brandy or rum butter.

Mincemeat for mince pies – makes around 16 mince pies

Ingredients

- 1 large Bramley apple, peeled and grated
- 25g / 1oz butter/spread
- 50g / 2oz glace 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.

Gingersnap biscuits – makes 24 biscuits

Ingredients

- 250g / 9oz plain white flour
- 3 tsp baking powder
- 1 tsp ground cloves
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- 114g / 4oz unsalted butter, softened
- 200g / 7oz granulated sugar
- 1 egg
- 2 tbs molasses or dark muscovado sugar

Method

- 1) Sift the flour, baking soda, cloves, ginger and cinnamon together.
- 2) Cream the butter with a mixer until light and fluffy then gradually add the sugar.
- 3) Blend in the egg and molasses.
- 4) Add the flour mixture a small amount at a time, until a dough forms.
- 5) Cover and refrigerate the dough for 1 hour or overnight.
- 6) Preheat the oven to 180° C (gas mark 4).
- 7) Form the dough into balls (teaspoon-size heaps) and place 2" (5cm) apart on a greased cookie sheet, flattening each ball slightly.
- 8) Bake for 8-10 minutes then cool on a wire rack.

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 teaspoon pepper
- 1 teaspoons ground sage and 1 teaspoon 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.

Bread sauce – serves 4-6

Ingredients

- 4 whole cloves
- 1 small onion, peeled
- 6 black peppercorns
- 1 small bay leaf, 1 fresh thyme sprig
- 300ml / ½ pint milk
- 85g / 3oz fresh white breadcrumbs
- 15g / ½oz butter, diced
- Freshly grated nutmeg
- 2 tbsp single cream

Method

- 1) Press the cloves into the whole onion.
- 2) Place the clove-studded onion in a saucepan with the peppercorns, bay leaf, fresh thyme, and milk. Bring gently to the boil, then remove the pan from the heat and set aside for 30 minutes.
- 3) Strain the milk into a clean pan, and then discard the onion, spices, and herbs. Stir in the breadcrumbs into the milk, then bring gently to the boil and simmer for 5-10 minutes, or until thickened, stirring continuously.
- 4) Stir in the butter until melted and then season to taste, adding a little grated nutmeg.
- 5) Stir in the cream just before serving. Serve hot.

Gravy

After roasting, remove the meat from the roasting tin, leaving some of the fat behind. Sprinkle 2 level tablespoons of flour into the tin and cook over a medium heat for 1-2 minutes. Gradually blend in ¾ of a pint (425ml) water, add ground pepper and a teaspoon of cranberry or redcurrant jelly if available. Simmer for two minutes more and pour into a jug to serve.

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.

Turkey stir fry – serves 4

Ingredients

- 400g / 14oz leftover turkey
- 1 onion (sliced)
- 1 carrot (cut into batons)
- 2-3 bell peppers (sliced)
- 100g / 3½ oz green beans (tips removed)
- Bag of beansprouts
- 2-3 cloves of garlic (crushed)
- 2-3 slices of fresh ginger (cut into thin strips)
- 1 tablespoon of cooking oil
- 2 tablespoons of reduced salt soy sauce
- ½ tablespoon of oyster sauce (optional)
- 3 tablespoons of water
- Ground white pepper (pinch)

Method

- 1) Heat the cooking oil on a high heat in a frying pan or wok if you have one until it is smoking.
- 2) Add the garlic and ginger to get the burst of aroma before adding the rest of the vegetables and stir fry for a few minutes.
- 3) Mix the soy sauce, oyster sauce if using, white pepper and water in a bowl and add to the wok.

Stir fry until the vegetables are to your preferred firmness. A shorter time with the pan/wok lid off gives a crunchier texture. If you prefer the vegetables to be softer, cover with a lid to cook until desired texture. You may need to cover the pan/wok briefly just to soften the beansprouts enough to reduce volume and soak up the sauce.

- 4) Serve with rice or noodles.

You can thicken the sauce with some cornflour if you wish, as well as try using different low potassium vegetables.

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.

Contacts

Renal Dietitians

Tel: **01865 225 061**

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

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

Oxford Kidney Unit

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

Website: www.ouh.nhs.uk/oku

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.sixcountieskpa.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

Health for Me (patient portal)

Health for Me enables you to access to your digital health record via the OUH Patient Portal. It is an online system that allows you to easily view parts of your digital health record safely and securely from a computer or smartphone.

Please ask a member of the renal team to sign you up to the patient portal.

If your bloods are taken by the Oxford Kidney Unit you will be able to see these results. We can give you a leaflet that will help you understand the results. If you would like a copy please ask a member of the renal 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



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