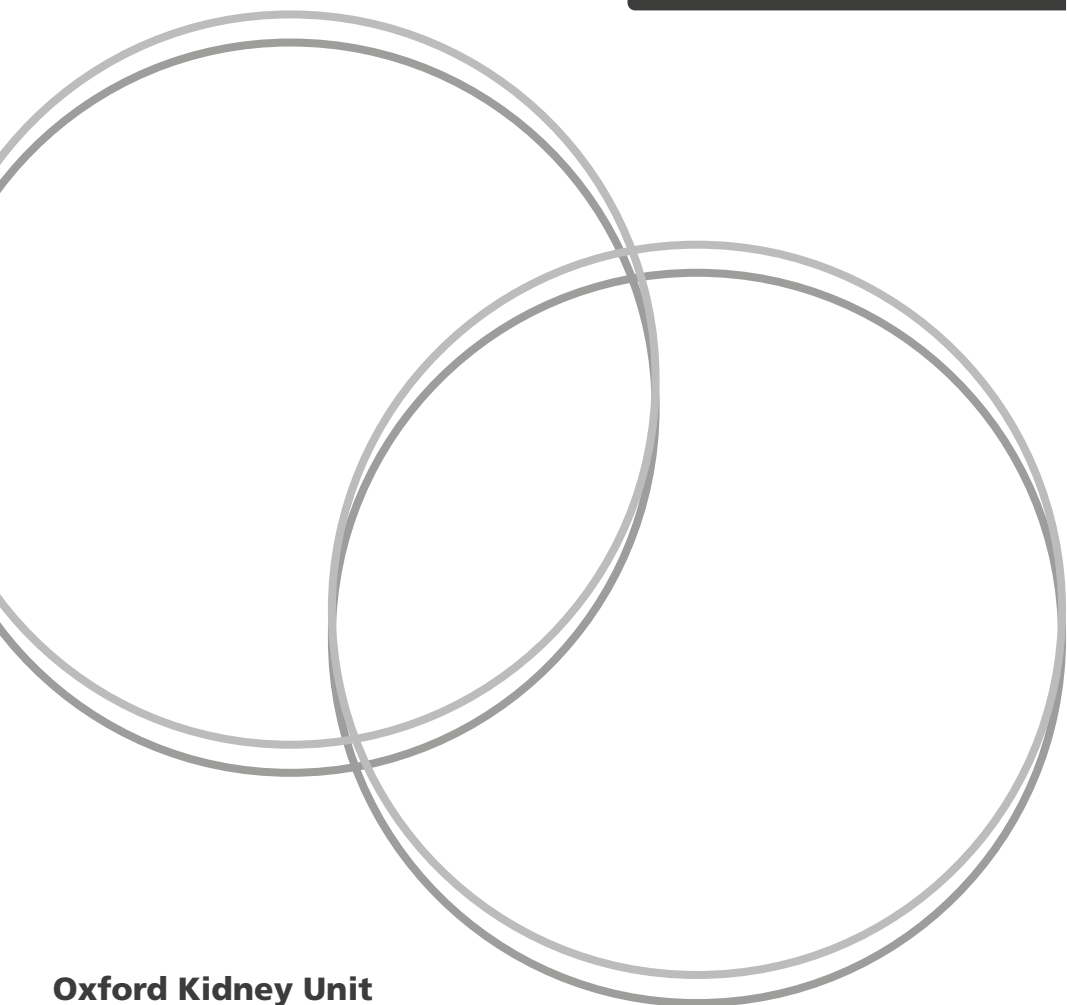




Oxford University Hospitals
NHS Foundation Trust

Making the most of what you eat

**Nourishing dietary
advice for people with
kidney disease**



Oxford Kidney Unit

Why is a nourishing diet important?

If you are eating less than normal or have unintentionally lost weight recently, it is important to give your body the nourishment it needs. Even though you may not feel hungry, it may be useful to think of food as fuel for your body or medicine as part of your treatment.

Not having enough nutrition can lead to:

- illness, infection and slow recovery
- slow wound healing
- low mood
- reduced energy levels and muscle strength
- falls
- reduced ability to carry out daily activities.

What if I am following a special diet?

It can be challenging to eat well if your appetite is poor and you are following renal dietary restrictions. If you are eating less, this may mean you are able to have some foods that you have previously been advised to restrict, such as those containing higher amounts of salt and phosphate. Your renal dietitian can discuss this with you.

Practical tips to make my diet more nourishing

- Have small meals and snacks regularly across the day, rather than waiting until you feel hungry.
- Avoid missing meals, as this may make you feel more unwell.
- Include a dessert after your lunch and evening meal.
- Try to avoid drinking just before meals, as this can make you feel full. This includes any prescribed nutritional supplements you may be taking.
- Try a variety of new foods and experiment with different colours, flavours, smells and textures to help improve your interest in food.
- If you feel that your sense of taste has changed, use herbs and spices to flavour foods.
- Serve food on a smaller plate, as a large plate can often be overwhelming.
- Choose full-fat versions of foods instead of reduced, low or light options. For example, choose whole milk instead of skimmed milk.
- Keep nourishing snacks handy for nibbling. See page 6 for nourishing meal and snack ideas.
- Choose meals which are quick and easy to prepare, or try freezing home-made meals which just need re-heating.
- Cold foods can sometimes be easier. Try a sandwich or a chilled dessert.
- Take advantage of times when you have an appetite. For example, have an extra slice of toast or additional yoghurt at breakfast.
- Constipation can reduce your appetite. Including high fibre foods such as fruit, vegetables and wholegrain foods can help with this.
- Gentle physical activity and fresh air can stimulate your appetite. Try taking a short walk or go outside before eating.
- Try to eat in a pleasant environment. Eating with others may help you to eat better.

How can I enrich my food?

Your food and drinks can be made more nourishing by adding:

- full-fat milk, full-fat yoghurt, double cream, to breakfast cereals
- grated cheese, double cream, butter, margarine or olive oil to vegetables, potatoes or pasta
- double cream or a small amount of grated cheese to sauces
- full-fat mayonnaise or salad cream to sandwiches
- double cream, custard, ice cream or full-fat yoghurt to puddings, desserts and fruit.

Nourishing light meals and snack ideas

Light meals

- sandwiches containing meat (i.e. sliced chicken, turkey, beef), fish (i.e. tuna, salmon), egg, hummus, full fat cream cheese
- baked beans, scrambled or fried egg or scrambled tofu on toast with butter
- sardines or pilchards (preferably boneless) on toast with butter
- quiche
- falafel with hummus or yoghurt.

Savoury snacks

- cream crackers, Ryvita, oat cakes or rice cakes with cream cheese, cottage cheese or cheese
- crumpet, bagel, toast or English muffins with butter
- breadsticks or pitta bread with hummus
- croissant with butter
- cheese scone
- cold boiled egg
- savoury pastries such as mini sausage rolls or scotch eggs.

Sweet snacks

- plain cereal bars
- flapjack
- croissant with jam
- scone with jam and cream
- toasted teacake with plenty of butter or margarine
- thick and creamy full-fat yoghurts or fromage frais
- tinned fruit (drained off) with double cream or full-fat yoghurt
- eggy bread with cinnamon
- breakfast cereal with full cream milk with sugar or honey
- biscuits (i.e. digestive, custard cream, ginger nut, shortbread)
- piece of cake (i.e. Madeira, lemon, cherry, Victoria sponge)
- mini cakes such as jam or custard tarts, lemon or angle slices
- desserts such as custard, rice pudding, trifle, cheesecake, mousse, creme caramel.

Nutritional supplement drinks

If you find it difficult to maintain or gain weight with food fortification advice alone, your dietitian can advice on suitable supplement drinks which are available on prescription. Over the counter drinks are high in potassium and phosphate and are often not suitable for people with kidney disease so speak to your dietitian before trying any of these.

What if I have diabetes?

If you have diabetes you may need to be careful with some of the sweeter options. Consider choosing savoury or lower sugar suggestions instead. If you normally check your blood sugar levels, you should continue to do this regularly. Contact your Practice Nurse or Diabetes Nurse if you have difficulty keeping your results within normal limits.

How to contact us

Oxford Renal Dietitians

Telephone: **01865 225 061**

(8.00am to 4.30pm, 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.

Clinics

If you are seeing a kidney doctor, the dietitians are available in the Renal Outpatient clinic at the Churchill Hospital each morning. Please speak to the receptionist if you would like to be seen.

Renal Network Clinics

Some of these clinics are covered by a dietitian. Please ask the receptionist if you would like to be seen.

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.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

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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