Renal diet at Christmas
For kidney (renal) patients

Information for patients
Sheffield Dietetics
This booklet aims to guide you through the Christmas period where there are lots of tempting foods that can be high in potassium, phosphate, fluid and salt.

You may wish to relax your diet during this time and this information will help you to do this safely.

The information in this booklet may help to give you menu ideas if you are following a low potassium, low salt or low phosphate diet or if you need to follow a fluid restriction.

Please remember it is important to keep your potassium and fluid intake within safe limits to prevent you becoming ill during the Christmas period.

Some people may be given a medicine called “Resonium” to help control their potassium levels over Christmas. Not everyone needs this. For example, if you have low potassium levels or if your potassium level is well controlled and you are not intending to eat extra high potassium foods, you do not require “Resonium”. If you are given a supply, you will be told how to use it. If you have any queries please discuss this with a doctor in your renal clinic or a nurse/doctor on your dialysis unit.

If you have any concerns or questions about your diet over Christmas, please ask to see your dietitian or telephone:

- 0114 271 4162
Below are some ideas for Christmas Day. For recipes please see the ‘Christmas recipes’ booklet.

**Starters**

- Prawn cocktail, paté, melon (with or without a spirit, for example brandy), or fruit cocktail are suitable starters.
- Soup tends to be high in both potassium and fluid and is best avoided.

**Meat**

- Turkey is suitable or you could try duck, beef, pork, rabbit, lamb or chicken for an alternative Christmas dinner.
- Game, such as pheasant, goose, venison or partridge can also be eaten but are higher in phosphate and should therefore be restricted to one meal over Christmas.
- Processed meats, such as chipolatas, pork pies, sausage rolls and hams are salty and should be limited if you are on a salt or fluid restriction as they will make you more thirsty.

**Fish**

- Salmon, haddock, cod, tuna, lemon sole, plaice, halibut or trout can be eaten as an alternative to meat choices.

**Vegetables**

- Vegetables and potatoes can be roasted providing that they have been boiled first in plenty of water.
- If you like to eat a variety of vegetables, choose those which are lower in potassium such as carrots, green beans, swede, cabbage, cauliflower and turnip.
- Limit Brussels sprouts and parsnips as these are higher in potassium.
• Try not to have larger portions than normal.

**Sauces and stuffing**

• Cranberry, mint, apple and bread sauces are suitable.
• Packet sauces tend to be salty so try making your own.
• Avoid dried fruit and nut stuffing.

**Puddings, desserts and traditional Christmas fare**

• The following are all high in potassium so limit yourself to one small helping of one of these on Christmas day: Deep filled mince pies, chocolate, Christmas pudding, nuts and Christmas cake.
• Other more suitable desserts include: lemon meringue pie, Pavlova, baked Alaska, cheesecake, gateaux (not chocolate), trifle or fruit pies. These can all be served with double or clotted cream or brandy or rum butter.

**Alcohol**

• Choose white wine, champagne or spirits rather than strong ale, stout, cider or red wine.
• If you are on a fluid restriction remember to include all drinks in your fluid allowance and plan ahead if you are going to parties or eating out.

**After dinner treats**

• Peppermint creams, crystallised or jellied fruits, brandy snaps or Turkish delight are all suitable.
• Chocolate mints and other chocolates are high in potassium and therefore best avoided.
Buffet and nibbles

All choices below are suitable but can be salty.

- Tortilla chips with dips such as sour cream, cream cheese, Thousand Island dressing.
- Maize or wheat based snacks such as Monster Munch or Nik Naks, breadsticks, rice crackers, croutons, cheese straws, cheese puffs.
- Sausage rolls, scotch eggs, pork pies or vol-au-vents with tuna, turkey, chicken and cream sauce fillings.
- Meat or fish sandwiches, rice salad, pasta salad or potato salad.
- Pickles including onions, gherkins and pickled cabbage.

If you have diabetes

Most of the information in this book is suitable for people with diabetes. However please remember the following points:

- Puddings, desserts, sweets and cakes are likely to be high in sugar. Eat only small portions or choose sugar free and low sugar varieties.
- It is important to eat regularly to help control your blood sugar levels.
- If you are going to a party and eating later than usual it may be necessary to have a small snack at your normal meal time to prevent your blood sugar level becoming too low.
Patient's name .................................................................................................................................

This information has been given to you by:

..............................................................................................................................................................

Contact number ........................................................................................................................................

Produced with support from Sheffield Hospitals Charity
Working together we can help local patients feel even better

To donate visit
www.sheffieldhospitalscharity.org.uk Registered Charity No 1169762

Alternative formats can be available on request. Please email: alternativeformats@sth.nhs.uk

© Sheffield Teaching Hospitals NHS Foundation Trust 2018
Re-use of all or any part of this document is governed by copyright and the “Re-use of Public Sector Information Regulations 2005” SI 2005 No.1515. Information on re-use can be obtained from the Information Governance Department, Sheffield Teaching Hospitals. Email infogov@sth.nhs.uk