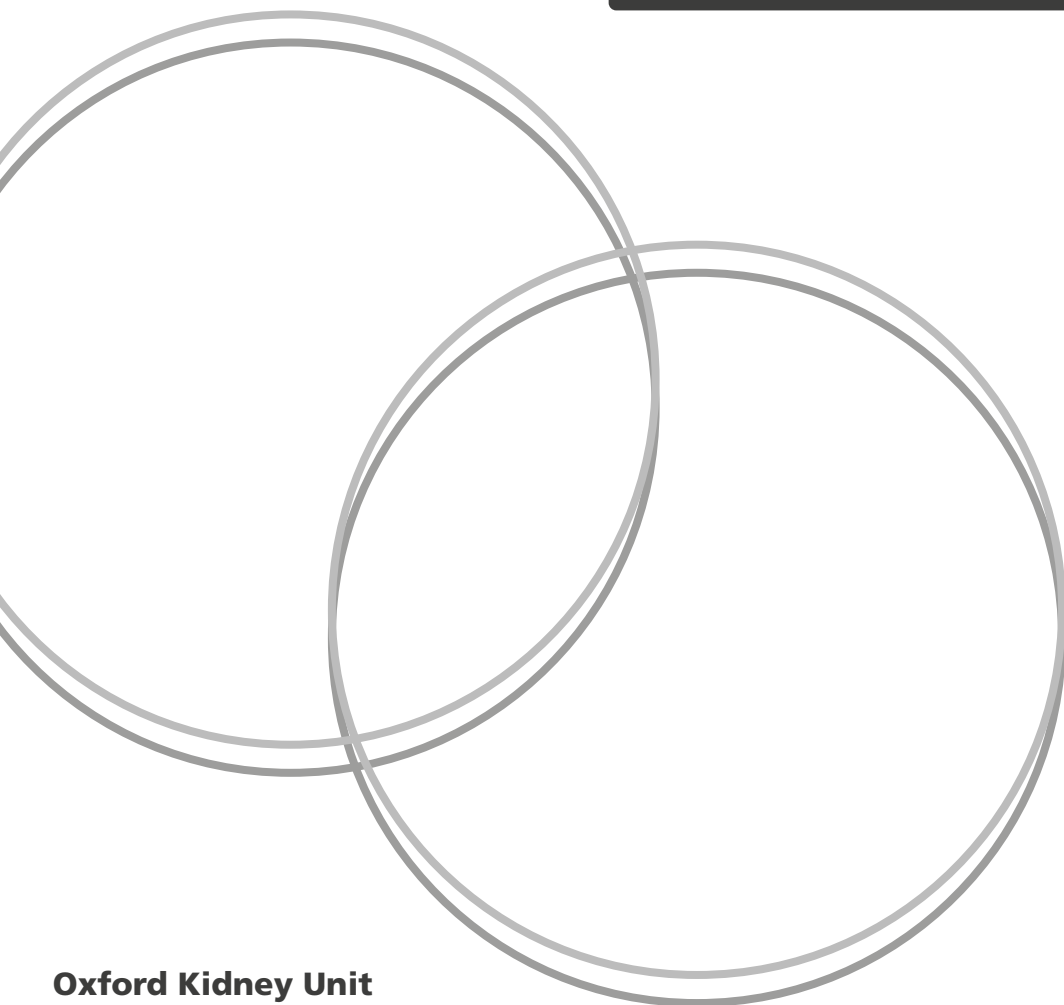


What can I eat if I am following a renal diet?

Information for people
with kidney disease



Introduction

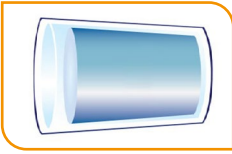
Eating a varied diet is important, as it helps to keep us healthy and makes mealtimes more enjoyable.

If you have problems with your kidneys, you may have been advised to change your diet so that it contains less potassium, phosphate and salt. This is sometimes referred to as a **'renal diet'**. Being asked to make these changes can often make meal choices feel limited and leave you wondering what you can eat.

This leaflet will provide you with information about following a **'renal diet'** whilst making sure food and drink are still enjoyable and varied.

The Eatwell Guide for a renal diet

The Eatwell guide (as shown in the following picture) is an easy way of seeing how much of each food group we should be eating to achieve a healthy balanced diet.



The following sections will help to explain the importance of each food group and the better choices to make for each group.

Carbohydrates

Carbohydrate is an important source of energy. Just over one third of what we eat should come from this food group.

Good options to choose include:

- rice
- pasta
- breads (without nuts, seeds or fruit)
- bagels
- croissants
- noodles
- flour dumplings
- pitta



- cereals - pick those that do not contain dried fruit, nuts or chocolate. Good options include porridge, cornflakes, Rice Krispies, Weetabix, shredded wheat, Special K, Shreddies and Cheerios.
- potatoes - have these only occasionally and make sure that they are boiled in plenty of water, which is then thrown away. This will help to remove some of the potassium from the potatoes. You can always bake, fry, mash or roast them afterwards for variety.

Fruit, vegetables and salad

Fruit and vegetables contain a variety of vitamins and minerals and are a good source of fibre. We should be aiming for at least 5 portions each day.

You can choose fresh, tinned or frozen produce.

Good choices of fruit are:

- apples
- blueberries
- clementines
- mandarins
- nectarines
- peaches
- pears
- plums
- raspberries
- satsumas
- strawberries
- watermelon
- tinned fruit with the juice drained.



Good choices of vegetables are:

- broccoli
- cabbage
- carrots
- cauliflower
- leeks
- mangetout
- peas
- peppers
- runner beans
- sugar snap peas
- swede.

Remember to boil your vegetables in plenty of water and throw it away. This will help to remove some of the potassium from the vegetables.

Good choices for salad items are:

- beansprouts
- carrot
- cucumber
- lettuce
- peppers
- rocket
- watercress.

For a more detailed list of suitable fruits and vegetables, please ask your dietitian for the 'Low potassium' diet sheet.

Protein

Protein is important for our cells, organs and muscles to work properly. It also helps us to fight infection. It is very important that we have protein in our diet each day.

Good options are:

- fresh meat and poultry, such as chicken, turkey, beef, lamb, pork, duck, rabbit, veal and venison
- fresh, unprocessed fish without bones, such as cod, haddock, tuna and salmon
- some seafood, such as crab sticks, scallops and winkles
- eggs
- beans and pulses e.g. chickpeas, lentils and black-eyed beans
- some plant-based meat substitutes, such as , soya mince, Quorn pieces, mince or fillets) and tofu.



Dairy or dairy alternatives

Dairy products, such as milk, cheese and yogurts, are a good source of protein and calcium, which is important for bone health. Unless you are aiming to gain weight, you should choose lower-fat and lower-sugar options.

Some helpful tips on how you can include different types of dairy in your diet are explained below.

Milk

All milk contains potassium and phosphate. This includes full fat, semi-skimmed and skimmed milk. You may have been advised by your dietitian to reduce the amount of milk in your diet.

Other options to cow's milk include:

- rice, soya, oat milk, almond, hemp, hazelnut and cashew nut milk (organic or unfortified varieties).

Cheese

Hard cheeses such as cheddar, Edam and Red Leicester are high in phosphate.

Better options include:

- cream cheese
- cottage cheese
- mozzarella
- feta
- brie
- camembert
- stilton.



If you do have hard cheeses, then good ways to help reduce the quantity used include:

- grating the cheese instead of having slices or chunks
- using mature cheeses, as just a little can still add lots of flavour.

Yoghurts

Good substitutes to standard yoghurt include:

- fromage frais
- crème caramel
- soya yogurt.

Fats

Fat is an essential part of our diet. To reduce your risk of heart disease, it is better to opt for unsaturated fats.

These include:

- olive oil / spreads
- rapeseed oil
- sunflower oil / spreads
- vegetable oil / spreads.



All types of fat are high in energy, so if you are trying to lose weight, you should try to reduce the amount of fat you use.

Foods high in fat, sugar and salt

Foods that are high in fat, sugar and salt, such as crisps, chocolate, biscuits and cakes, can be included in your diet. However, because they do not contain good nutrients, they should only be included in small amounts occasionally.

Better savoury snack options include:

- bread sticks
- corn or maize based crisps, such as Wotsits, Skips and Monster Munch
- cream crackers
- plain popcorn.

Better sweet snacks include:

- plain biscuits such as digestives, ginger nuts, rice tea and shortbread
- jelly sweets, fruit gums and mints
- plain pastries and plain sponge cake
- if you would like some chocolate, opt for chocolate coated varieties such as a Kit Kats or chocolate digestives.



Better dessert choices include:

- meringue/pavlova
- lemon tart/pie
- apple crumble.

Instead of adding custard or ice-cream to your desserts, try having cream or crème fraiche.

Sauces:

Jars of sauces and packets of seasoning are often high in salt. Try using herbs and spices to add flavour to your meals instead. If you do want to use a stock, use reduced salt or no salt varieties instead.

Fluid

Your doctor, dietitian or nurse will tell you the amount of fluid you are allowed to have each day.

Good options for drinks include:

- water, including tap water and sparkling or still bottled water
- cordial or squashes
- light-coloured fizzy drinks, such as lemonade, orangeade, Sprite, 7-up and ginger beer
- tea, including caffeinated and decaffeinated.



If you are on haemodialysis there is another leaflet available which gives you more information on managing your fluid balance. Ask your dialysis nurse if you would like a copy.

Alcohol

Alcohol can be included as part of a balanced diet. Men and women are advised to drink no more than 14 units of alcohol a week and to have some alcohol-free days.

Although the units of alcohol will depend upon the strength of the drink, the guide below will help you see how many units are in typical drinks:

- single measure of spirits (25ml) = 1 unit
- small glass of wine (125ml) = 1.5 units
- 1 bottle of beer/lager (330ml) = 1.7 units
- 1 pint of lager/beer/cider = 2 to 3 units.

It is important that any alcohol you drink is included in your fluid allowance.

Better options include:

- spirits, including gin, vodka and whiskey.

How to contact us

Renal Dietitians

Telephone: 01865 225 061

(8.30am 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.

Author: Renal Dietitian Team
May 2024
Review: May 2027
Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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