

PATIENT INFORMATION

Renal dietary advice & tips for helping you enjoy festive foods during the Christmas period



Contents

Plan ahead	3
Think about what is important for you	4
Some suggestions	5-7
Christmas menu ideas	8
Christmas recipes	9-11



Please note that the dietary advice in this diet sheet is appropriate for you to follow if you are currently adapting your diet to help lower and control your potassium and phosphate levels.

Please ask the Renal Dietitian if you would like a low potassium or low phosphate diet sheet also, or if you would like advice on taking phosphate binders appropriately if you have been prescribed these. It is important to remember to take your phosphate binders during the Christmas period.

Plan ahead!

As the Christmas period is getting nearer you may be thinking about how you can enjoy some festive foods whilst continuing to follow a renal diet.

Some of these foods can be high in potassium and salt, but rest assured many of these traditional festive foods can still be enjoyed.

In planning ahead you could list all your favourite festive foods and highlight those you know are already acceptable on a renal diet. If you are fond of cooking you could start looking for festive renal recipes that would be suitable.

If you have a favourite Christmas cake or dessert you could ask your Renal Dietitian if it's suitable or if they could suggest a suitable alternative.

If you are planning to eat out why not show the menu choices to your Renal Dietitian who could then advise you on the best options for you.

If you like cooking then homemade bread sauce and gravy are much better alternatives to the packets/ granules varieties.

Homemade gravy, cranberry or apple sauce and stuffing can be made the week before and frozen- remember to ensure they are thoroughly defrosted before eating.

Think about what's important for you;

During the Christmas period try to remember what you need to be careful about. You can always discuss this further with the Renal Dietitian if you are unsure

Things to think about can include;

- **Fluid balance (watching your salt & fluid intake)**
- **High blood pressure (watching your salt & fluid intake)**
- **Potassium**
- **Phosphate**

Top Tips;

Remember your traditional Christmas meal can be enjoyed with just a few alterations. Below are some examples;

If you are thinking about a starter- soup is high in salt and counts as part of your fluid. So why not try alternative starters like prawn cocktail, pate & toast, tinned fruit cocktail drained of the juice.

With your main meal you could have your usual Christmas meat, or if you want a meat free option you could have Quorn or a small portion of nut roast, with a small portion of stuffing or spoonful of cranberry sauce or small portion of bread sauce. Remember sausages and bacon are both high in salt.

Make sure you pre-boil roast potatoes first, and try to stick with your usual portion size.

Boil vegetables in plenty of water. Try to avoid large portions of Brussel sprouts or parsnips.

If you want a small portion of stuffing try to opt for tradition stuffing rather than those containing apricots, dried fruit, nuts or potato as they will be higher in potassium

Use herbs and spices instead of salt to season foods.

Below are some suggestions of low potassium and low phosphate foods and drinks.

Snacks

Remember to watch your portion sizes and intake of sugary snacks if you have diabetes or you are trying to lose weight.

Remember that unsalted varieties of snacks will be lower in salt and therefore help you keep to your fluid allowance.

- Nuts - chestnuts are lower in potassium and phosphate than other nuts.
- Crisps - maize, corn and wheat snacks, plain breadsticks, rice crackers, toasted croutons, unsalted, plain popcorn, unsalted tortilla chips are all better, lower potassium alternatives to potato crisps.
- Savoury dips - instead of hummus, salsa, guacamole you could have crème fraiche, or a small amount of mayonnaise or a yoghurt based dip.
- Cheese- cream cheese on crackers is a suitable alternative to other cheeses popular at Christmas. Try spreading it on different plain crackers.
- Fruit - satsumas/ clementines/ tangerines are suitable but keep to one a day if you normally have a high potassium. Dates, figs, dried fruit are all very high in potassium so you should try to limit these foods.
- Sweets- Jelly babies, jelly beans, marshmallows, fruit gums, boiled sweets, mints, plain Turkish Delight are all suitable alternatives to chocolate, fudge and toffee- which are high in potassium and phosphate.

Drinks

Alcohol and other beverages- If you are taking medication and/or are unsure whether you can drink alcohol- always check with your doctor or pharmacist.

- If you want an alcoholic beverage - choose spirits or liqueurs rather than beer/lager or wine.
- Cider and lager are high in potassium.
- Red wine (including Mulled wine) is higher in potassium than white wine.
- Orange juice is high in potassium; a lower alternative is cranberry juice or pineapple juice or squashes or cordials.
- Fizzy drinks and mixers are fine but take care with cola drinks which are higher in phosphate.
- Use diet/ no added sugar squashes, cordials or mixers if you have diabetes or you are trying to lose weight.
- Opt for tea or fruit teas as a hot beverage.
- You could use reusable frozen plastic ice cubes instead of normal ice cubes to help manage your fluid allowance.
- Try not to have a drink with your main meal.

Desserts

- Sponges, cream buns, doughnuts, plain pastries, Pavlova, trifle, shortbread, Pannacotta can be suitable alternatives to Christmas cake or Christmas pudding.
- Dried fruit is very high in potassium so if you would like a mince pie or piece of Christmas cake or pudding try to limit yourself to a very small amount of one or the other, and exchange for a piece of fruit.
- Brandy or rum butter is suitable – however brandy sauce is higher in potassium and phosphate because of the milk.
- Double or clotted cream can also be eaten, but in moderation.



If you have diabetes or are trying to lose weight you could ask your Renal Dietitian for further advice on suitable desserts.

Christmas menu ideas

Starter

Prawn cocktail

Tzatziki with pitta crisps (see recipe idea included)

Garlic bread

Salmon (avoid smoked variety as they will be higher in potassium, phosphate & salt)

Tinned fruit cocktail drained of juice

Main Course

All unprocessed meats are fine-

Roast turkey/ pork/ beef/ lamb/ chicken/goose/ duck

Quorn/ Brie & cranberry parcels/ small portion of nut roast

Par boiled roast potatoes/ boiled new potatoes / mashed potatoes

Boiled low potassium vegetables - carrots, cabbage, swede, broccoli, cauliflower, turnip

Small portion of herb stuffing

Small portion of gravy

Cranberry or apple sauce is suitable

Dessert

Lemon meringue pie

Apple pie

Trifle

Pannacotta (see recipe idea included)

Pavlova

Stem ginger Ice-cream (see recipe idea included) or sorbet but watch fluid intake with this

Brandy snaps with cream, double or clotted cream in moderation

Renal Christmas cake

Christmas Recipe Ideas

Please note that low potassium recipes are included in this diet sheet.

Christmas biscuits

Ingredients

225g (9oz) plain flour
1 teaspoon mixed spice
½ teaspoon ground cinnamon
50g (2oz) caster sugar
400g (4oz) half fat spread
1 egg beaten

Method

1. Stir together the flour and spices. Stir in the sugar and rub in the half fat spread until the mixture resembles breadcrumbs.
2. Add the beaten egg and knead into a ball. Cover and chill for 30 minutes.
3. Pre-heat the oven at gas mark 5/190°C/375°F. Roll out the biscuit mixture onto a lightly floured surface to a 3mm thickness.
4. Cut out Christmas shapes, such as stars and trees using biscuit cutters or a template.
5. Lift the biscuits onto the baking sheets, prick lightly with a fork and bake in the oven for 10-12 minutes until lightly browned.



Pitta crisps with Tzatziki dip

Ingredients

4 pitta breads

2 tablespoons of olive oil

Ground black pepper

For the dip

1 small pot of low- fat plain yoghurt

1 teaspoon of mint sauce

70g of cucumber finely diced

Method

1. Pre-heat the oven to 170°C (gas mark 3)
2. Brush each pitta bread on both sites with olive oil.
3. Tear or cut each pitta bread into about 6 pieces and spread out on a baking tray.
4. Bake the pitta breads for about 20 minutes or until crisp and lightly browned. Leave them to cool on a wire rack.
5. Mix the yoghurt, mint sauce and cucumber in a bowl to make the dip.

Stem Ginger ice-cream

Ingredients

500ml double cream

70g chopped stem ginger

½ fresh vanilla pod, scraped

4 dessert spoons of stem ginger syrup

Method

1. Pour the double cream into an electric mixer or a large bowl and whisk until it starts to form stiff peaks.
2. Add the chopped ginger, the syrup and the scraped vanilla pod. Mix well and then place in a suitable bowl that will fit into the freezer.
3. After about 20 minutes take the ice-cream out and give it a stir.
4. Then leave in the freezer for approximately 1 hour and then serve.

Pannacotta

Ingredients

6g gelatine sheets (4 sheets)

500ml single cream

150g (6oz) sugar

1 vanilla pod or a few drops of vanilla extract

Method

1. Soak the gelatine sheets in cold water until soft. Once soft squeeze out the excess water.
2. Mix the single cream with the sugar and the vanilla in a saucepan, then gently warm the mixture. Once this is warm (but not boiling) add the gelatine sheets.
3. Stir well and sieve before you ladle out into single ramekins.
4. Chill for 24 hours.

For more Renal Christmas recipes you could visit;

www.kidneycareuk.org

Kidney kitchen online recipes include;

Christmas cake, Mince pies, Gingerbread Christmas log, Steamed Christmas pudding, Brie and cranberry parcels, Turkey curry ,Roast turkey with gravy, Sage and onion stuffing... and many more!.

“Merry Christmas from the Renal Dietetic Department and Best Wishes for the New Year”



If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.