

Kidney Kitchen

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News

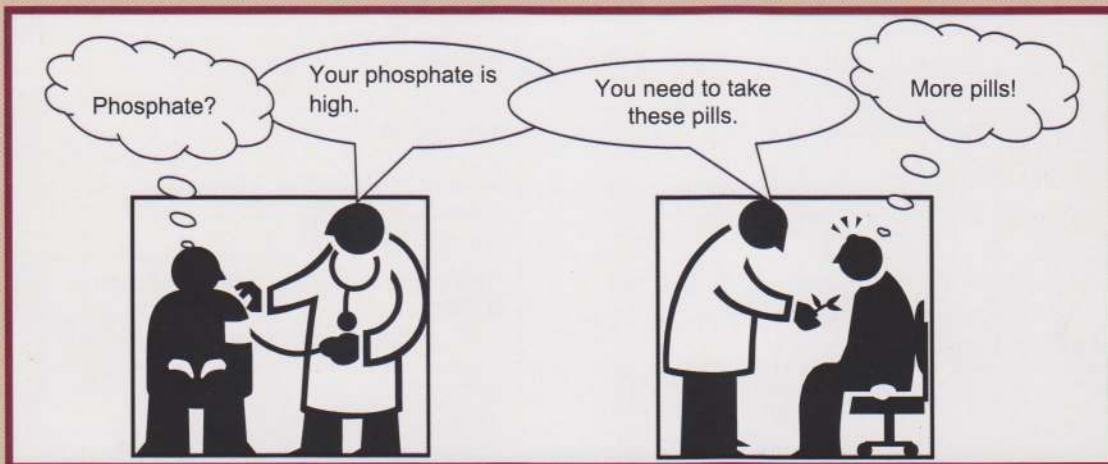
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Phosphate and you



It seems that every time you see the Renal doctors they give you more pills. However they are all very important and are helping to replace the jobs your kidneys are no longer able to do.

Phosphate is a chemical which may increase in the body when the kidneys don't work properly. High levels in the body may cause itching but not always. If the level is high over a long period of time phosphate in combination with calcium it may be deposited in the blood vessels walls making them stiff. This makes harder work for your heart.

Phosphate comes from food and drink. Phosphate binders are tablets which are taken with food and prevent too much phosphate from going into the blood. They are very important in control of phosphate. There are many different phosphate binder tablets and powders. If the one you have been given by the doctor does not suit you TELL THE DOCTORS! Alternatives can be tried.

News Flash !

NEW YEAR, NEW YOU!!

The only new year diet you need is RENAL!!



Phosphate Additives

Manufacturers are increasingly adding phosphate to lots of different foods, this means we could be eating more phosphate than we realise.

45% of our daily phosphate intake comes from phosphate additives and 90% of this is absorbed by the body. Phosphate additives therefore have more effect on the levels in your blood than the naturally found sources. These are often listed as E numbers.

Common reasons for adding phosphate to food include:

To keep food moist

To improve the taste and texture of food

To extend the 'use by date' of food

Food / Drink	Lower phosphate alternatives	Foods high in phosphate additives - try to avoid
E338	Meat Fresh chicken Fresh beef, lamb, pork Homemade beef burgers	Processed chicken Sausages, bacon, ham, salami Frozen beef burgers Tinned meats
E340	Try making your own meat balls, bolognese, chilli, curry.	
E342	Fish Plain white fish- haddock, cod, plaice Homemade fish cakes	Fish fingers/cakes Battered fish
E350	Cereals Weetabix, porridge oats, Rice Krispies	Cheerio's, Coco Pops, Pop Tarts, instant porridge
E352	Cheese Hard cheese - maximum of 4oz/week Cream, cottage or ricotta cheese within allowance	Cheese slices/strips, Primula cheese, cheese triangles
E341	Potatoes Fresh potatoes, homemade chips & roast potatoes (parboil first)	Waffles, Smash, potato cakes, some frozen potato products (check the label)
E341	Bakery Homemade cakes and biscuits, try to avoid recipes using self raising flour and baking powder	Cake, biscuit & pancake mixes Tinned or pre-prepared baked puddings Scones Naan bread Crumpets Baking powder Self raising flour
E1413	Drinks Lemonade, Fanta, Ginger beer, Lilt, Ribena, Iron Bru, Sparkling water, tea, soda water Remember to choose sugar free options if you have diabetes Milk- within half pint (250ml) allowance	Cola drinks, Dr Pepper, Dandelion and Burdock, Oasis, hot chocolate, Ovaltine, Horlicks, powdered milk, beer, coffee, Iced tea, drinking yoghurt, milkshakes, energy drinks

**** BEWARE ****

Processed meats and cola drinks are particularly high in phosphate

Phosphate Binders & Timings

Binder	When to take tablet	How to take tablet
Calcichew	Before meal	Chew or suck
Calcium 500	Before meal	Chew
Fosrenol Tablets	With or immediately after meal (within 15 mins)	Chew very well
Fosrenol Powder	Immediately after meal (within 15 mins)	Mix with a small quantity of soft food (e.g. apple sauce)
Osvaren	Before meal	Swallow (can break into 2)
Phosex	During meal	Swallow
Phoslo	During meal	Swallow
Renagel	During meal	Swallow
Renvela Powder	With meals	The powder should be dispersed in 60ml of water prior to administration. The suspension should be taken within 30 minutes of preparation

Party Treats....

There are plenty of party treats that you can enjoy as part of a renal diet:

Try to avoid	Better Choice
Nuts & dried fruit	Pretzels (not chocolate covered), tortilla chips, toasted croutons, mini Cheddars, bread sticks, bagel chips, Doritos
Chocolates	Boiled sweets, jelly sweets, jelly beans, mints, barley sugar, marshmallows, Turkish delight (without chocolate), unsalted popcorn
Biscuits containing nuts, chocolate and dried fruit	Cream and jam-filled biscuits, shortbread and plain biscuits
Cakes containing nuts, chocolate and dried fruit	Arctic roll, lemon meringue pie, Victoria sponge, brandy snap baskets, meringue nests with fresh fruit and cream
Hard cheese (e.g. cheddar, Edam and Lancashire) limit to one matchbox size serving in total	Soft cheeses are better (e.g. Brie, Ricotta, Feta)



Party Nibbles

Pitta Crisps

4 large white or wholemeal pitta breads

Olive oil

These can be eaten plain or with any of the following flavours

A shake of cayenne pepper

A smear of curry paste

A smear of pesto and tiny grating of parmesan

Garlic paste and butter or oil

Preheat oven to moderately hot (180°C). Split pitas in half and cut each half into 8 wedges. Place wedges on an oven tray. Spray or brush with olive oil.

Sprinkle with spice.

Bake in oven until crisp ~5 mins.

These can be eaten on their own as an alternative to crisps or with hummus or a dip such as garlic and onion.

Canapes

Place one sheet of filo pastry on the worktop. Brush with water or olive oil. Place a second sheet of filo on top. Cut out circles of pastry using a small cutter (3cm).

Place pastry circles in a mini bun baking tin. Bake at 180°C for a few minutes until brown and crisp.

(They need watching as cook quickly).

These can be made with shortcrust pastry but filo makes them a bit lighter.

The cases can be served with a variety of fillings.

Hummus and a tiny piece of olive

Cream cheese and pineapple

Cream cheese and spring onion

Crème fraiche flavoured with curry paste

Very small piece of turkey, cranberry sauce and stuffing

Flaked cooked salmon mixed with soured cream and a touch of hot horse radish sauce

Hard boiled egg chopped and mixed with soured cream and curry paste

The list is endless...