



# Kidney Kitchen

AUTUMN/WINTER 2016



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## Welcome to the Autumn/Winter bumper edition of Kidney Kitchen.

As the dark nights draw in and temperatures drop we find ourselves more vulnerable to illnesses like colds and flu. We tend to feel more run down and low in mood this time of year which can affect our appetite. Poor appetite is common in kidney patients and needs to be treated seriously, as it can lead to severe loss of flesh weight, or malnutrition.

As a renal patient it is important to ensure an adequate intake of healthy meals and snacks to maintain good symptom and weight control. As part of this edition of Kidney Kitchen we hope to provide some helpful tips in dealing with poor appetite as well as focusing on the festive occasions during this time of year.

### Tips for dealing with a poor appetite and keeping yourself well-nourished:

- ✓ Use a small plate to not over-face yourself with big portions.
- ✓ Little and often approach, aim for 5-6 small meals and snacks per day.
- ✓ Use full fat varieties of dairy foods including milk, yoghurt, and cheese.
- ✓ Arrange to see your dietitian and ask if you need special supplements in addition to your usual diet.



# Food fortification tips

To increase calories in your food while your appetite is reduced

## Cream (preferably double)

- ✓ Add to cereals, porridge, sauces, mashed potatoes, puddings, cakes, soups, and hot drinks.

## Cheese

- ✓ Add to sauces, potatoes, scrambled egg, vegetables, salads or use as a topping to soups and many savoury meals.

## Mayonnaise

- ✓ Use generously in sandwich, mashed with tinned fish or boiled egg.
- ✓ Add to salads.

## Butter/margarine

- ✓ Spread thickly on bread, toast, crumpet, scone, biscuits and crackers.
- ✓ Add to potatoes.
- ✓ Melt on top of pasta and vegetables.

## Sugar/honey/syrups (if not diabetic)

- ✓ Add to drinks, cereals, and puddings.

## Jam and marmalade

- ✓ Spread thickly on bread, toast, scones, or biscuits.
- ✓ Add to milky pudding.



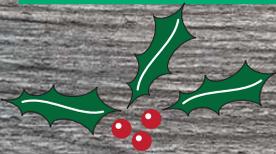
## Snack ideas

- ✓ Sandwich with jam or honey (if not diabetic).
- ✓ Toast with butter/egg/jam.
- ✓ Cakes or biscuits.
- ✓ Crumpets or teacake with butter.
- ✓ Crackers with butter or cream cheese.
- ✓ Cereals with full fat milk/ additional cream.



## Feeling sick?

- ✓ Eat little and often.
- ✓ Have something dry first thing in the morning such as biscuit or a cracker.
- ✓ Cold food may be more tolerated such as:
  - Sandwiches.
  - Salads with cold meat, cold potatoes, eggs or cheese.
  - Yoghurt and mousse.
- ✓ Ginger containing products could be helpful e.g. ginger tea, ginger biscuit, or ginger chewing gum.



## Christmas tips:

**Avoid**  
cured meats like  
ham, bacon and  
sausages

**Remember**  
to boil all  
vegetables  
and potatoes  
and discard  
the water

**Watch out**  
for sprouts, boil  
well and limit to  
a small portion

# Festive food alternatives

## Kidney-friendly treats to eat

This time of year is not just about the dark dreary winter nights but also a time for celebrations with festive occasions like Halloween, Christmas and other religious events. A big part of these celebrations is eating and drinking which can be difficult as a renal patient.

There are many foods and drinks that are not kidney-friendly, however there are also plenty of suitable alternatives to choose from. This issue covers some treats, cakes, desserts and recipes that are safe for you to indulge in over the festive season.

### Christmas pudding and mince pies

Christmas pudding and mince pies contain plenty of dried fruit and therefore are high in potassium so REMEMBER to only have small amounts.

There are plenty of suitable desserts you could indulge during festivities:

- ✓ Trifle
- ✓ Lemon meringue pie
- ✓ Arctic roll
- ✓ Pavlova
- ✓ Apple pie
- ✓ Cherry pie
- ✓ Blackberry pie
- ✓ Victoria sponge pudding

**For those with Diabetes** it is even harder to know what treats are suitable for both Renal and Diabetes Management:

High Sugar Foods	Choose instead
Tinned fruit in syrup	Tinned fruit in natural juices
Jelly	Sugar free jelly
Chocolate/Cream cakes	Plain scones, crumpets, or plain sponge
Chocolate or cream biscuits	Plain biscuits such as marie, rich tea, morning coffee, or hob nobs
Fizzy drinks (lemonade, tonic, and flavoured water)	Diet lemonade, sugar free tonic or flavoured water
Sweet popcorn	Plain popcorn or rice crackers
Sweets and fruit pastilles	Sugar free sweets/fruit pastilles
Flavoured ice cream	Plain ice cream

### Choose

Port,  
Red wine,  
Strong beers,  
Coffee-based liquors

### Limit

Spirits, Champagne  
or sparkling white wine,  
Dry white wine,  
Mild beer/lager  
(up to 1 pint)

### Choose

fresh meat,  
fish and  
poultry

## Kidney-friendly Christmas Cake

### Ingredients

250g (10oz) glacé cherries, halved  
 250g (10oz) mixed peel  
 200g (8oz) tinned prunes, drained and chopped  
 2 tablespoons honey  
 1 tablespoon almond essence  
 4 eggs, beaten  
 1 dessertspoon brandy  
 250g (10oz) plain flour  
 250g (10oz) soft brown sugar  
 250g (10oz) unsalted butter  
 1 teaspoon nutmeg  
 1 teaspoon mixed spice  
 25ml (1floc) water  
 Few drops of caramel colouring



### Method

1. Cream the butter and sugar until soft and fluffy. Sieve the flour and spices together.
2. Add the eggs and flour alternatively to the creamed mixture and mixed well. Then add the cherries, prunes and mixed peel.
3. Add the brandy, water and honey and beat well until a dropping consistency is achieved.
4. Place in a greaseproof lined, well-greased baking tin (18cm) and bake at gas mark 4/150°C/300°F for 3½–4 hours.

## Kidney-friendly mincemeat

### Ingredients

1 large Bramley apple, peeled and grated  
 25g (1oz) margarine  
 50g (2oz) glacé cherries  
 50g (2oz) sugar  
 1 heaped teaspoon mixed spice  
 100g (4oz) chopped candied peel  
 1 tablespoon brandy or rum  
 Few drops of brown food colouring

### Method

1. Put all the ingredients in a large bowl and mix thoroughly.
2. Use to make mince pies.



### Remember...

not to have more than two mince pies per day!

**Wishing you a Merry Christmas and a Happy New Year**

### Further information

We (the Renal Dietitians) have joined forces with our kidney charity here at the MRI to bring you regular posts relating to food and your kidneys...



Kidneys for Life fundraising for MINT



@kidneysforlife

[www.actiononsalt.org.uk](http://www.actiononsalt.org.uk)

Tel: 0161 276 4478 Email: [renal.dietitians@cmft.nhs.uk](mailto:renal.dietitians@cmft.nhs.uk)