



**The Leeds
Teaching Hospitals**
NHS Trust

Eating well whilst on the kidney ward



Adult
Therapies

This leaflet explains what you need to know about food and nutrition during your hospital stay.

Why is nutrition important?

Eating well with a balanced diet can:

- help your body fight infection
- increase your rate of recovery
- prevent weight and muscle loss
- help you get home quicker

Nutritional screening

On and during your admission you will be weighed and asked questions about your appetite, dietary intake and usual weight. This will help the nursing team to assess whether or not you are at risk of undernutrition. If you have unplanned weight loss and/or are struggling with your appetite, you may be at risk, and may be referred to a dietitian.

If you have any questions or concerns regarding your diet, please speak to the nursing or medical team who may refer you to a dietitian.

Your meal service in hospital

Meal	Time	What's available
Breakfast	08:30-09:15	Fruit juice*, porridge, cereals, toast with butter/spread
Lunch	12:15-13:15	3 course meal chosen from the menu
Mid-afternoon snack	15:00	A choice of savoury and sweet snacks
Evening meal	17:00-18:00	3 course meal chosen from the menu
Suppertime snack	20:00	A choice of savoury and sweet snacks

Protected mealtimes are in place to ensure that mealtimes are part of your care and treatment. This aims to create a peaceful environment, reduce interruptions and allow you to eat your meal and receive help from ward staff if needed.

* If you are following a low potassium diet you may need to avoid this.

How to order

Your menu for the day will be given either a night in advance or on the same morning. You can choose one starter, one main course, two side dishes and a dessert from the menu for your lunch and evening meal. You will also be offered hot drinks 4-5 times throughout the day.

Choosing the right menu

All menus are coded to help you choose based on your dietary needs and preferences. Please let the ward housekeepers, nursing staff or medical team know if you have any special dietary requirements.



Healthier Choices are lower in fat, salt and sugar and are suitable if you have been advised to follow a “healthier diet” e.g. for diabetes management or heart health.



Higher Energy items are suitable if you have a small appetite or require food high in energy due to your illness, weight loss or surgery.



Soft items are easy to chew.



Vegetarian items are free from meat, poultry, fish and gelatine.



Gluten Free if you follow a gluten free diet.

There are several menus available to meet various cultural and religious beliefs and special dietary needs. You can request a specific menu via the nursing/housekeeping staff.

These are listed below:

- african caribbean menu
- children's menu
- kosher menu
- multi-cultural menu using Halal produce
- low potassium menu
- finger food menu
- texture modified menus

Snack Menu

You will also receive a snack menu daily. This allows you to choose one mid-afternoon and one suppertime snack every day. This menu is provided to increase your calorie and protein intake to keep you well-nourished during your hospital stay.

Fluid

- When your kidneys aren't working as well as normal, your body may not be able to regulate the amount of water it contains.
- If this happens you may be advised to limit your fluid intake. In some cases you may be asked to drink more than normal. The medical team will advise you individually on your recommended fluid intake.
- Written information is available from the ward, giving advice and tips on following a fluid allowance.

Missed Meals

Sometimes you may be away from the ward for tests or investigations and miss a meal. If this happens, the ward will keep your meal if it is a cold option. If it is a hot option, due to food safety, it cannot be kept and a missed meal will be ordered instead. This is available 24 hours a day.

If you are receiving **haemodialysis / plasma exchange** treatment, you are likely to be away from the ward over one of your meal times. The following meals are available on the dialysis unit:

- **Breakfast:** Toast and butter/spread
- **Lunch:** A cold meal of a sandwich and 2 other items such as a piece of cake and flapjack will be offered
- **Evening:** A hot meal and pudding will be offered (this may not be the same as the meal you ordered on the ward), or you can choose a cold meal including a sandwich and items such as a piece of cake

You are encouraged to eat the food offered on dialysis / plasma exchange (unless advised otherwise by nursing staff) as you may not return to a meal on the ward.

Low Potassium Diet

If the potassium level in your blood is high you may need to reduce the amount of potassium in your diet. The medical team will discuss this with you and may refer you to a dietitian for dietary advice.

To help reduce the potassium level in your diet:

- Low potassium menus are available, and/or
- Written information is available to help you choose low potassium options from the main hospital menu

If you have any questions or would like more specific advice please ask to speak to your ward dietitian.

We hope that you enjoy the meals that are offered during your hospital stay.

If you have any comments or suggestions regarding the meals served please ask to speak to a member of the catering team.



If you have any queries please contact:

Dietitian

Contact number

If you have any suggestions or comments regarding this leaflet please let your dietitian know.

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