The Leeds Teaching Hospitals NHS Trust

Food First

A guide for adults living with chronic kidney disease and a reduced appetite

Information for patients

Adult Therapies

You have discussed with the dietitian your aim to eat well and prevent unplanned weight loss. This booklet includes ideas to help you achieve your goal.

Why is it important to eat well and prevent unplanned weight loss?

- To maintain strength and provide you with energy to carry out your daily activities.
- To help your body fight infections.
- To support wound healing.
- To help improve your mood.

Causes of reduced appetite/intake and ideas you can try

Issue	Ideas to try
Dry mouth This could be linked to medications or fluid restrictions.	◆ Chewing gum*, mints* and mouthwash. ◆ Use small regular sips of water and/or ice cubes/lollies. ◆ Ask your renal team about artificial saliva sprays/gels.

Issue	Ideas to try
Tiredness Fatigue can affect your ability to shop for and prepare food. Chewing/ eating food can also be tiring.	◆ Preparing meals/snacks in advance or using frozen meals can be helpful. ◆ Ask your dietitian about meal delivery services. ◆ Getting your food shop delivered via online services may be useful. ◆ Ask your friends/family for help with cooking/shopping.
Constipation or diarrhoea Medications, stress, other health conditions can affect your bowels.	◆ Focus on a regular eating pattern. ◆ If you are able, regular movement/exercise can help. ◆ If you take laxatives, consider asking your GP/renal doctor to review these. ◆ Speak to your dietitian about your fibre intake.
Reduced interest in eating Can have many causes e.g. due to stress, low mood, build up of toxins in the body due to low kidney function.	◆ Reduce portion sizes to make mealtimes less overwhelming, aim for 4-6 smaller meals per day. ◆ Make eating a social occasion, eat with friends/family. ◆ Consider trying new foods and recipes. ◆ Low mood can affect some people's appetite. Please consider speaking to your GP if you require support.

Issue	Ideas to try if...
Taste changes Taste changes can be common when living with chronic kidney disease.	**Food tastes metallic:** ◆ Mints*, chewing gum*, mouthwash. **Food tastes bland:** ◆ Try using spices**, pepper, chilli** or garlic. ◆ Acidic flavours may stimulate your taste buds e.g. use lemon/lime juice or vinegar on meals. ◆ Honey*, maple syrup* and tomato** flavours may help to activate your taste buds. ◆ Do not use salt to flavour meals. **Food tastes bitter:** ◆ Avoid bitter food/drink e.g. tea/coffee, alcohol, chocolate. ◆ Acidic tastes may be tolerated better (see bland section). ◆ Sweet tastes may be tolerated better. Try honey*, maple syrup* or tomato** based flavours. **Food tastes salty:** ◆ Restrict salt intake. ◆ Sweet tasting foods/drinks may help activate sweet taste buds (see bitter section).

* These foods may be high in sugar. If you have diabetes you can discuss with your dietitian if these foods/drinks are right for you.

** These foods may be high in potassium. If you are following a reduced potassium diet, you can discuss with your dietitian if these changes are right for you.

Three key changes you can make to increase your nutritional intake

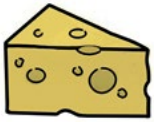
1. Choose full fat products
2. Introduce nourishing snacks between meals
3. Fortify your meals

1. Choose full fat products

A simple way to increase your calorie intake is to switch to full fat products and avoid 'diet' or 'light' products. The differences in calories may not seem significant, but small changes add up in the long term.

Milk Choose full cream/full fat milk. 200ml skimmed milk = 68 kcal 200ml whole milk = 126 kcal If you prefer plant based milk, oat or rice milks are often the highest calorie options.	

Yoghurts Choose full fat yoghurts. Avoid yoghurts labelled ‘diet’, ‘low fat’ and ‘light’. 125g pot low fat Greek style yoghurt = 71 kcal 125g pot plain Greek style yoghurt = 166 kcal Plant based yoghurts are usually low in calories. If you use non-dairy yoghurts, you could check the label of your favourite ones and choose the higher calorie option.	

Cheese Choose full fat cheeses. 30g 30% reduced fat cheddar = 94 kcal. 30g standard cheddar = 125 kcal. Plant based cheese alternatives are typically lower in calories, consider checking labels and choosing higher calorie options.	

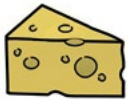
Please note:

If you follow a low potassium/phosphate diet, you can discuss with your dietitian how often to have milk, milky puddings and cheese.

2. Introduce nourishing snacks between meals

If you are not finishing your meals, eating smaller meals combined with between meal snacks is a good way to ensure you are getting enough energy to carry out your daily tasks.

Savoury Snack Ideas

Savoury snacks	
◆ Plain breadsticks ◆ Chapatti or puri ◆ Crumpet/Pikelet ◆ Croissant ◆ English muffin ◆ Cream crackers, Cornish wafers or water biscuits Many of the above can be eaten with: butter, margarine, cheese, cream cheese, hummus, mayonnaise or sour cream dips ◆ **Samosas, Pakora or bhajis ◆ Sausage roll, Cornish Pasty, meat/chicken pies ◆ Pasta salad e.g. mixed with tuna mayonnaie and sweetcorn ◆ Small omelette or boiled egg with bread and butter	

Toast topping ideas	
◆ **Baked beans, cheese, cream cheese, hummus, mackerel, pilchards, tuna, mayonnaise	

Sandwich filling ideas	
• Beef and horseradish, cheese and pickle, coronation chicken, egg mayonnaise, fish fingers, ham and mustard, prawn mayonnaise, salmon with mayonnaise and cucumber, sausage, tuna mayonnaise Consider trying different breads, like bagels, granary, naan, pitta, soft rolls, tortilla wraps	

Sweet Snack Ideas

Baked goods*	
• Hot cross bun • Scone e.g. **Fruit, Plain, Cheese • Flapjack • Cake e.g. Angel, Fairy, Madeira, Lemon drizzle, Sponge cake with jam, Buttercream, Battenberg • Swiss roll or Chocolate mini roll • Lemon slice • Viennese whirl • Tarts e.g. Jam, Treacle, **Fruits • Doughnut • Iced finger • Meringue • Cream horn • Egg custard • **Danish pastry • Custard slice • Chocolate éclair • Biscuits e.g. Plain, Cream filled, Iced, Wafer jam filled, Shortbread	

Desserts*	
◆ Pavlova ◆ Lemon meringue pie ◆ Sponge pudding ◆ **Fruit pie/crumble ◆ Jelly and double cream ◆ Tinned fruit and double cream ◆ Rice pudding ◆ Custard ◆ **Kulfi ◆ **Kheer ◆ Trifle ◆ Yoghurt ◆ Ice cream	

Chocolate and Sweets*	
◆ Boiled sweets ◆ Fruit chews or sour chews ◆ Jelly Babies® ◆ Starburst® ◆ Skittles® ◆ Marshmallows ◆ Pastilles ***Chocolate** - If following a low potassium diet have no more than one from the list per day.*** ◆ Two finger Kit Kat® ◆ Milky bar® (25g) ◆ Single finger Twix® ◆ Blue Riband® ◆ Fun sized chocolate bar e.g. Mars®, Milky Way® ◆ Two chocolate coated Digestives® ◆ Two Jaffa cakes®	

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3. Aim to have three fortified meals per day

If your overall food intake is small, making every mouthful count is key. Food fortification is a simple way to boost your energy intake without increasing the amount of food you eat.

The following ingredients can be used to fortify a range of meals and snacks:

Double cream

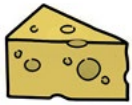
Butter/Margarine

Oils

Cheese

*Jam/Honey

**Nut butter



Here are some food fortification ideas you could try:

Breakfast	
Porridge/Cereal	Make with full cream milk. Try adding: ◆ Double cream ◆ *Jam, Honey or Golden Syrup
Toast	Use plenty of margarine/ butter. Try adding: ◆ *Jam, Honey, Marmalade, other preserves ◆ Cheese ◆ Egg

Light Meal	
Sandwich	Use plenty of spread/butter. Try adding: ◆ Extra cheese ◆ Full fat mayonnaise ◆ Full fat dressings
Soup**	Serve with bread spread with plenty of margarine/butter. Try adding: ◆ Double cream ◆ Cheese ◆ Croutons

Main Meal	
Curry	Serve with buttered chapatti/ naan/roti. Try adding: ◆ Double Cream ◆ Butter/Oil/Margarine ◆ Full fat yoghurt
Pasta	Choose creamy sauces. Try adding: ◆ Oil ◆ Cheese ◆ Double cream
Meat/Fish/Meat alternative with potatoes and vegetables	Serve with a creamy sauce. Try adding: ◆ Mashed potatoes with butter, cream and/or cheese ◆ After boiling, fry or roast your vegetables in oil.

Dessert	
Milk pudding** 	Choose full fat options. Try adding: ◆ Double cream ◆ *Jam, Honey, Syrup
Fruit** 	Try adding: ◆ Double cream ◆ Full fat yoghurt ◆ Ice cream

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** These foods may be high in potassium. If you are following a reduced potassium diet, you can discuss with your dietitian if including these foods is right for you.

What should I do if I am following the advice and still losing weight?

If you are consistently following the advice and still experiencing weight loss, your dietitian may recommend that you trial nutritional supplement products.

There are a wide variety of products available:

- Milk based drinks.
- Juice based drinks.
- High energy liquids and powders.
- High protein puddings.

You can discuss with your dietitian the best products for you and they can arrange for your GP to add this to your prescription.

If you wish to purchase nutritional products over the counter, e.g. Build-up, Complan, Meritene contact the dietitian to discuss suitable options.

Ideas to try

Useful websites and reading

- **www.kidney.org**
  The National Kidney Foundation provides useful information on kidney disease, treatment and lifestyle.
- **www.kidneypatientguide.org.uk**
  Kidney Care UK, offers advice and support for those living with kidney disease. Visit the Kidney Kitchen for recipe ideas.
- **www.beamfeelgood.com**
  Kidney Beam helps people living with kidney disease to feel good through movement, education and wellbeing support.
- **www.patientsknowbest.com**
  If you want to know your most recent blood levels, why not join Patients Know Best? To see your blood test results, click on the 'Register' button, enter your details and select 'renal' speciality.
- **Eating Well for Kidney Health** - A practical guide and cookbook. H. Jackson, C. Green & G. James.

Please ask your dietitian if you would like recipe ideas.

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

If you have any queries, please contact:

Dietitian:

Contact number:

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