

## Department of Nutrition and Dietetics

# Renal Disease: Eating well with kidney problems (Calories)

**This information should only be used by patients with kidney disease and should only be followed with supervision from a dietitian.**

**It is important that you maintain a healthy weight by having a good energy intake.**

**Here are some tips on increasing your energy intake:**

- Have extra starchy foods such as bread, breakfast cereals, potatoes, rice, pasta, and chapattis.
- Include snacks between meals such as plain or cream biscuits, cakes, toast, corn or maize snacks, crumpets or English muffins
- Use extra sugar, syrups or honey to sweeten drinks, puddings or cereals.
- Use extra jam, marmalade, honey or syrup with bread, toast, biscuits, sponge cake or in puddings.
- Have boiled sweets, pastilles, mints or fruit jellies.
- Drink ordinary fizzy pop or squashes, instead of diet or low sugar varieties.
- Spread butter or margarine (preferably monounsaturated or polyunsaturated) thickly on bread, toast, chapattis and crackers.
- Serve potatoes and vegetables with a large knob of butter or margarine.
- Use cooking oils (preferably rapeseed, olive, corn or sunflower) for frying, basting or salad dressings.
- Use full cream milk, instead of skimmed or semi skimmed – aim to use.....milk a day.
- Have double cream with cereals, porridge, tinned or stewed fruit, add to sauces, casseroles or mashed potato.
- Sprinkle cheese on potato, vegetable or egg dishes.
- Add full fat mayonnaise, or salad cream to sandwich fillings.
- Try to avoid long periods of time between meals or snacks.



## Patient Information

### Suggestions:

**Warning - Starfruit contains a chemical which can be extremely dangerous to people with kidney problems. They should be avoided.**

Produced by Coventry Renal Dietitians, University Hospitals Coventry & Warwickshire NHS Trust

Contact number: 024 7696 6151

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