

Department of Nutrition and Dietetics

Renal Disease: Diet Action Plan

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

Introduction

Poor appetite is a common symptom of kidney disease. Even if you are not hungry, it is important to eat well and maintain good nutrition. Well-nourished people with kidney disease are often healthier and live longer. There may be times when your appetite is not so good. If so, here are some ideas which may help.

The following suggestions (•) will help meet your current needs:

- Aim for small meals per day

- Include sweet and / or savoury snacks between meals
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- Aim for of whole milk (blue top) per day

- Increase intake of nutritious fluids such as:
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- Use high energy ready prepared meals and snacks (we can provide you with information on meal providing companies)
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Patient Information

- Add the following to foods, soups, meals and desserts
 - Butter / margarine/ olive oil and ghee - spread these thickly on bread or chapattis
 - Double cream / crème fraiche / fromage frais
 - Cheese / cream cheese
 - Sugar / honey / syrup / jam
- Take a multivitamin and mineral supplement daily (take one that does not contain vitamin A, for example pregnancy multivitamins)

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- Other recommendations

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Nutritional Supplements

Some people may need to further increase their dietary intake using one or more of the nutritional supplements available on prescription. To maximise the benefit, it is important to take these drinks as advised by your Dietitian. It is important to remember that nutritional drinks are used to add to your daily dietary intake, not to replace meals and snacks.

Daily supplement and meal plan:

Patient Information

If you are an inpatient you will be given a supply of supplements to take home. You should receive one weeks supply. We will contact your GP to request a regular supply. You will need to collect the prescription from your GP. If you are unable to get the prescribed supplement please let us know.

Warning – Starfruit contains a chemical which can be extremely dangerous to people with kidney problems, they should be avoided.

Further Information

This leaflet was produced by Coventry Renal Dietitians, University Hospitals Coventry & Warwickshire NHS Trust. If you would like any further information, please use this contact number: 024 76966151

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 02476966151 and we will do our best to meet your needs.

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