



Festive Tips from the Renal Dietitians

Christmas can be a time when you might indulge in festive food and drinks. Some of these can be **high in potassium**. Eating these may cause you to have too much potassium in your blood, which can be dangerous. High potassium foods should be limited to small portions and eaten less often.

Christmas Dinner

The following foods are suitable for you to have for your Christmas dinner (recipe overleaf!):

Starter

Fish:

Salmon is a great low potassium option, but be wary of the salt content of smoked versions
Prawn cocktail is another good option.

Small portion of homemade soup:

e.g carrot & coriander, vegetable, French onion

Dessert

Desserts containing dried fruit (e.g mince pies, Christmas cake and pudding) are high in potassium. Choose one small serving of one of these only or alternatively:

Make low-potassium versions:

(recipes overleaf!).

Try other low-potassium desserts: Sponge cake, trifle, pavlova, meringue, apple pies

Main Course

Unprocessed meats:

Turkey, chicken, beef, pork, lamb, goose, duck.

Veggie/Vegan options:

Brie and cranberry parcels, sausage Christmas tree (recipes overleaf - substitute sausage for veggie sausages), small portion of nut roast (if having as main meal).

Low potassium vegetables (boiled):

Brussel sprouts and parsnips are high in potassium - a small portion is ok or try carrots or broccoli instead.

3-4 small roast potatoes or mash:

Par-boil potatoes before roasting

Homemade gravy and bread sauce:

These are much better than shop-bought versions.

Extras:

Yorkshire pudding, 1tbsp stuffing, cranberry or apple sauce.

Nibbles

	Avoid	Recommended
Crisps	Potato-based	Corn or rice based: tortilla chips, popcorn, snack-a-jacks or breadsticks
Dips	Hummus, salsa, guacamole	Cream cheese, crème fraiche, mayonnaise or yoghurt based dips.
Fruit & nuts	Dried fruits, all nuts & Bombay mix	Satsuma/Clementine, dried cranberries, glace cherries
Sweet Treats	Chocolate, toffees	Pastilles, jellies, boiled sweets or marshmallows

Drinks (within your fluid limit)

Avoid	Recommended
Cola Drinks	Lemonade, ginger-ale
Sparkling fruit juices	Sparkling, still or flavoured water
Fruit juice	Squash/cordial
Milk, coffee, hot chocolate	Tea and fruit tea
Wine, beer, lager, cider, port	Spirits, liqueurs or 1 small glass of dry white or sparkling wine

Remember to count all fluids within your fluid allowance & to take your phosphate binders.

Kidney Kitchen Online Recipes



Pear and White Cheddar Salad



Christmas Cake



Mince Pies



Gingerbread Christmas Log



Steamed Christmas Pudding



Brie and Cranberry Parcels



Sausage Christmas Tree



Turkey Curry



Profiteroles with Chantilly Cream



Steak and Ale Pie



Christmas Pudding Cheesecake



Christmas Dinner with all the Trimmings

The above renal-friendly festive recipes are available at:

<https://www.kidneycareuk.org/about-kidney-health/living-kidney-disease/kidney-kitchen/recipes/?categories=4>

Merry Christmas & best wishes for 2021, from the Renal Dietitians!

This information is relevant for most people on dialysis. People who tend to have low potassium levels should not follow this advice. If you are unsure or would like further information, please contact your Renal Dietitian on 0131 242 1255