



# Festive Tips from the Renal Dietitians

Christmas can be a time when you might like to enjoy festive food and drinks, some of which can be **high in potassium**. Eating these may cause you to have too much potassium in your blood, which can be dangerous. If you are on a low-potassium diet, high-potassium foods should be limited to small portions and eaten less often.

## Festive Meal Ideas

Below are a selection of kidney-friendly recipes which would be suitable for you to have for your festive meal. For many of the recipes below, full instructions can be found on the Kidney Kitchen website, at: <https://www.kidneycareuk.org/about-kidney-health/living-kidney-disease/kidney-kitchen/recipes/>

### Starter

**Pear and White Cheddar Salad**

**Brie and Cranberry Parcels**

**Prawn cocktail**

**Homemade soup:**

e.g. carrot & coriander, vegetable or French onion.

Lentil soup is higher in potassium - try to avoid, but a small portion is ok.



### Main Course

#### **Meat options:**

Turkey, chicken, beef, pork, lamb, goose & duck are good options. Try to **avoid** pate, liver offal and ham.

#### **Vegetarian or Vegan options:**

Sausage Christmas tree (substitute sausage for vegetarian / vegan options) - follow the link above for the recipe!

Small portion of nut roast.

#### **Low-potassium vegetables (boiled):**

Carrots, broccoli and cauliflower are great options and low in potassium.

Brussel sprouts and parsnips are high in potassium - but a small portion is ok.

#### **3-4 small roast potatoes or mash:**

A good tip is to par-boil potatoes before roasting!

#### **Homemade gravy and bread sauce:**

These are much better than shop-bought versions!

#### **Extras:**

Yorkshire pudding, a small amount of stuffing, cranberry or apple sauce.



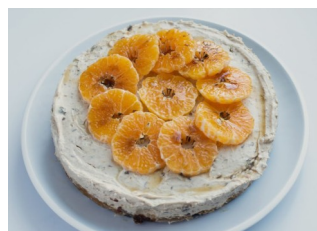
### Dessert

**Trifle**

**Pavlova / Meringue**

**Apple pie**

**Cheesecake**



Desserts containing dried fruit (e.g. mince pies, Christmas cake and Christmas pudding) are **high in potassium**. Choose **one small serving** of **one of these only**! Or alternatively **make low-potassium versions**! A renal friendly Christmas cake recipe is available on Kidney Kitchen website (see link above).

## Nibbles

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

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 ★ **Remember to count all** ★  
 ★ **fluids within your fluid** ★  
 ★ **allowance!** ★  
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## Drinks

Limit	Recommended
Cola Drinks and fruit juices	Lemonade / Sparkling, still or flavoured water
Wine / beer / Lager / cider / port	1 small glass of dry white or sparkling wine. Spirits and liqueurs.
Fruit juice	Squash / cordial



To order the **2022 Kidney Kitchen 12-month wall**

**calendar** visit the Kidney Kitchen website or follow this link: <https://www.charitycardshop.com/kidneycareuk/product/12>.

It is perfect for new kidney-friendly recipe ideas, as well as being an amazing gift for over the festive season!

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 🌲 **Remember to take your phosphate binders!** 🌲  
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**Merry Christmas & best wishes for 2022, 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.**