

Your name: _____

Your dietitian: _____

Dietetics contact number: 0203 594 1101

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Patient Advice and Liaison Service

If you need general information or advice about Trust services, please contact the Patient Advice and Liaison Service (PALS) by visiting their website: www.bartshealth.nhs.uk/pals. Alternatively please contact staff who are providing your care if you require clinical advice.

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All our patient information leaflets are reviewed every three years.

Patient information

Increasing your energy and protein intake

Information for patients with kidney disease



Why do I need to increase my energy and protein?

At present your intake of high energy or protein rich foods is reduced. This leaflet has been written to provide practical ideas for meals and snacks to incorporate more protein and energy into your diet.

While you are not eating as well as you were previously, some of the renal diet restrictions can be relaxed. **If you have any questions, please speak with your renal dietitian.**

Some of the suggestions marked with * in this leaflet may not be appropriate if you have diabetes. **Please speak with your dietitian for more information.**

Below are examples of foods high in protein and energy that can be added to your diet.

Foods high in protein

- Meat
- Chicken or Turkey
- Fish
- Eggs
- Beans/ lentils
- Milk
- Yoghurt
- Cheese
- Soya, Quorn™ or tofu

Foods high in energy

- Full fat milk
- Double cream
- Butter or margarine
- Salad cream or mayonnaise
- Ice cream or jelly*
- Sugar, glucose, honey*
- Cakes, biscuits*
- Pastries and pies
- Sweets, and sugary drinks*

- 2 finger Kit– Kats®, Penguin bars®, chocolate wafer bars, Crunchie® or Jaffa cake®
- Breadsticks or crackers with dips
- Plain scone or tea cake with butter and jam and cream.

Supplements

If you are unable to meet your protein and energy requirements with food alone, your dietitian may give you some supplements to help.

Do not use Complan, Meritene Energis or Nourishment from shops unless they are advised by the Dietitian.

Drinks

If you are vomiting or have diarrhoea, you may become dehydrated and your fluid allowance may change during this time. Ask your dietitian or the nurse.

Snacks

- Make sandwiches by using olive or sunflower margarine liberally on bread and adding salad cream, mayonnaise or coleslaw. Fill with **meat, chicken, bacon, tuna, salmon, smoked salmon, cheese, cream or cottage cheese, eggs, houmous or bean pate.**
- Have **beans, eggs, cheese, cream cheese, houmous, tuna** on toast, crumpets, muffins or naan bread. Try topping **beans** with scrambled **egg** with a small amount of grated **cheese.**
- Have a starchy food e.g. rice or pasta etc with some of the fillings outlined above, or try with **beef bolognese, chilli, beans, meat, tuna mayonnaise or chicken curry** and sprinkle with grated **cheese.**
- Mix pasta or rice with some of the cold fillings and add mayonnaise or salad cream to make a salad.
- Plain croissants and muffins, toast, crumpets with, olive oil, butter or spread and jam*, honey*, **cheese, ham, eggs, beans**
- Popcorn flavoured with olive or sunflower spread and cinnamon, mixed spice or nutmeg
- Rice cakes, oatcakes, plain cereal bars and biscuits.
- Sweet biscuits e.g. cream or jam filled, shortbread, ginger *
- Danish pastries*, doughnuts*, bakewell tarts*

How can I increase my intake?

- **Eat little and often**

If you are unable to manage larger meals try eating small frequent meals and snacks. For example, 6 small snacks per day or a lighter meal every 2-3 hours.

- **Aim to include a protein food with each meal.**

Protein foods include **meat, chicken, fish, eggs, cheese, milk, beans, lentils, Quorn™** or **tofu.**

- **Fortify your food**

Fortify your meals by adding foods with lots of energy and protein. For example:

- a) Adding extra butter or unsaturated oils (e.g. olive, rapeseed, sunflower oil) to vegetables, all types of breads, rice or main meals
- b) Adding double cream to soups, sauces, pasta dishes or puddings
- c) Adding sugar*, jam* or honey* to drinks, breakfast cereals or desserts
- d) Grate cheese onto potato or pasta

Ideas for meals and snacks

The protein foods are **in bold print**.

Breakfast

- Have scrambled, poached, boiled, fried **eggs** in olive or sunflower oil with toast, bread, chapatti, crackers spread with olive or sunflower spread.
- Add **beans, sausages (meat, Quorn™ or vegetarian)**, reduced salt **bacon** or **dhal**.
- Try **ham** or **cheese** in croissants, muffins or pitta bread.
- Have cereal and **full fat milk** adding sugar* or honey*.
- Add jam*, marmalade* or honey* to bread, toast or crumpets.

Main Meals

- Add chopped boiled **egg, grated cheese, cream cheese, ham bacon** to mashed or boiled potatoes, or other boiled vegetables, rice or pasta.
- Add full fat milk, butter or unsaturated oils (e.g. olive, rapeseed, sunflower oil) to mash potatoes or vegetables.

- Add extra minced **meat, chicken** or **fish, beans, lentils** to soup, stews and curries. Serve with bread, crackers, chapatti or yam, or add pasta, rice or add noodles to soup.
- Increase the protein content of vegetarian meals by using **soya protein, Quorn™, eggs, cheese, tofu, lentils** and **beans**.
- Double cream could also be added to meals and sauces
- Add extra unsaturated oils (e.g. olive, rapeseed, sunflower oil) to **dhal, lentils, stews, casseroles or curry**

Desserts

- Have fruit (fresh or tinned* or stewed) with one scoop of ice cream, full fat **yoghurt** or **custard** (include in fluid allowance)
- Use ordinary (i.e. not low fat) dessert mixes or mousses, made up with **full fat milk** (include in fluid allowance)
- Individual desserts including **yoghurt, fromage frais, mousse***, trifle*, cheesecake*, **milk pudding***
- Portion of fruit pie, crumble with **custard***
- Sponge cake with icing or jam* or butter cream filling*
- Full fat or thick and creamy **yoghurt**