



Christmas diet sheet

Information for renal patients
Dietetics department



The festive period is often a time for socialising which means, yes you have guessed it, eating and drinking. A lot of the traditional festive foods and drinks can be high in potassium or phosphate. It is important that you enjoy the festivities but continue to be aware of your renal diet.

Remember the same advice applies during this time as any other time of the year.

POTASSIUM

During the festive period you can include a few more high potassium foods to your diet as long as your potassium level is normally well controlled.

Foods high in potassium	Alternatives to choose
<ul style="list-style-type: none"> ❖ Christmas cake <i>(1 small slice)</i> ❖ Christmas pudding <i>(small serving)</i> ❖ Mince pies <i>(1)</i> ❖ Yule log <i>(1 slice)</i> ❖ Chocolate <i>(4 individual chocolates)</i> ❖ Brandy butter or cream <i>(small serving with Christmas pudding)</i> ❖ Nuts 	<ul style="list-style-type: none"> ❖ Fruit pie <i>(apple/apple & blackberry)</i> ❖ Profiteroles ❖ Shortbread ❖ Jam or cream filled biscuits ❖ Sponge cake with jam or cream filling ❖ Gateaux (not chocolate) ❖ Trifle ❖ Pavlova ❖ Ice cream ❖ Double or single cream ❖ Bread sticks ❖ Wheat, maize or corn snack <i>(remember these are high in salt and can make you thirsty)</i> ❖ Pop corn ❖ Crackers

Only choose one of the above daily

It is important that you continue to boil all vegetables and potatoes. If you are having roast potatoes or chips par boil prior to roasting or frying.

ALCOHOL

Alcoholic drinks can be high in potassium, therefore only have one small serving of the higher potassium drinks. It is preferable that you chose the low potassium alternatives instead.

Alcohol high in potassium	Alternatives to choose
<ul style="list-style-type: none">❖ Stout❖ Guinness❖ Sherry❖ Alcopops, for example, Bacardi breezers, Reef	<ul style="list-style-type: none">❖ 1 pint or 2 bottles of lager❖ 1 glass of red wine❖ 2 glasses white wine❖ Spirits, for example vodka, whisky, rum, gin and so on. <p>However these spirits should be mixed with a low potassium mixer, for example: soda, lemonade, coke or tonic.</p>

Remember:

All alcoholic drinks must be included in your fluid restriction.

Check with your doctor or pharmacist if you are unsure if you can drink alcohol with your medication.

Fluid

Remember to stick to your normal fluid allowance so that you do not become fluid overloaded. Aim to spread this during the day and save some extra for mealtimes.

Remember that foods such as gravy, bread sauce, ice cream and jelly all contain fluid and should be counted in your fluid restriction.

Continue to follow your no added salt diet which means do not add any salt at the table only add when cooking. Limit your intake of salty foods such as bacon, stuffing, crisps or savoury snacks.

If you eat a lot of salty foods it will make you thirstier.

Phosphate

It is important to continue to take your phosphate binders over the festive period, so try to have them in your pocket or your bag if you are going out. Remember you can adjust your binders to the size of your meal. Ask your dietitian if you have any queries.

Eating out

If you are eating out and you would like more individual advice please ask to speak to your dietitian. You might be able to ask the restaurant to prepare your meal differently. If this is not possible, avoid having too many high potassium foods during the meal. See menu plan for more detail.

CHRISTMAS DAY MENU *(example)*

Breakfast

- ❖ Cereal and milk
- ❖ Toast with jam/marmalade
- ❖ Scrambled egg on toast

Lunch

- ❖ Roast turkey or chicken/duck/pork
with sausage stuffing & gravy
- ❖ Brussels sprouts and carrots
- ❖ Roast potatoes/boiled potatoes or mashed
- ❖ Christmas pudding and cream/Trifle/Gateaux

Evening meal

- ❖ Selection of different sandwiches
- ❖ Fruit salad and cream or Christmas cake

If you have any questions please contact the Renal dietitians on **01236 712075**, or ask the nursing staff to contact them for you.



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Pub. date:	October 2023
Review date:	October 2025
Issue No:	09
Clinical Lead:	



www.careopinion.org.uk

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