

Department of Nutrition and Dietetics

Renal Disease: Meal and snack suggestions for a small appetite

This information should only be used by patients with renal disease who have a poor appetite and should only be followed with supervision from a dietitian. If you have diabetes please be aware that some of these suggestions are high in sugar and you will need to limit these and monitor blood sugars closely.

There may be times when your appetite is poor particularly if you have been in hospital or unwell. It is important that you try to eat as nutritious a diet as possible to prevent weight loss, or help regain weight.

A well balanced diet will help you to feel stronger, and to be able to fight infections more effectively.

While your appetite is poor you may be able to have some foods that you usually limit or avoid. If this is the case, your dietitian will advise you on suitable amounts of these foods.

Foods high in protein are particularly important as these replace protein lost, and help to maintain and repair body tissues.

The following foods are good sources of protein:

- Meat including poultry
- Fish
- Eggs
- Milk including yoghurts
- Cheese
- Beans, peas and lentils
- Nuts and seeds
- Quorn, soya and Tofu

Foods high in energy or calories are particularly important during illness. Extra calories help to gain or maintain weight.

NOTE: People with diabetes need to limit their intake of sugar, sugary drinks and snacks.

The following foods are good sources of energy:

- Bread, cereals, chapatti, potato, rice and pasta
- Butter, ghee, margarine, double cream, oil



Patient Information

- Biscuits, cakes, puddings, honey, jam, and sweets
- Squash, fizzy drinks (not diet)

Useful Tips

- Try to eat little and often and have high calorie snacks in between meals even if this is just a glass of full fat milk and a biscuit. See suggestions below;
- Have drinks between meals rather than with meals so that you don't fill up on fluid affecting your food intake at meal times;
- Use full cream milk instead of skimmed or semi skimmed milk;
- Use full fat margarine or butter instead of low fat;
- Change from 'low calorie' or 'diet' drinks to ordinary sugary squash and fizzy drinks unless you have diabetes;
- Freeze dishes you like that can be easily reheated or prepare a meal before dialysis if you have more energy then;
- If you can not manage a pudding immediately after a meal, save it and eat it about an hour later;
- Use plenty of butter or margarine on toast, bread, potatoes and vegetables;
- Add plenty of sugar, honey or jam to breakfast cereals, desserts and ice cream. Use plenty of sugar in drinks. Spread honey or jam thickly on bread, toast or crackers (unless you have diabetes).

Here are some suggestions for suitable meals and snacks

Breakfast:

- Cereal or porridge - made with full cream milk, double cream and water, sugar, honey or syrup.
- Toast - with plenty of butter or margarine and jam, lemon curd, marmalade or honey.
- Cinnamon toast.
- Danish pastry or croissant.
- Bread or toast with grated cheese, egg, sausage, bacon.
- Baked beans on toast.
- Bagels with smoked salmon and cream cheese.

Sandwiches:

Use a variety of breads, including white, wholemeal and granary, Pittas, rolls, bagels and wraps.

Add full fat mayonnaise or salad cream to sandwich fillings to add extra energy and moisture. A small amount of pickle, mustard or cranberry sauce may be included in sandwiches to add variety.

Suitable fillings are:

- Salmon, tuna, ham, turkey, chicken, cold meat.
- Cheese, for example, Philadelphia, cottage cheese, grated cheese.
- Prawns or egg with mayonnaise and perhaps a small salad.
- Try two fillings, for example, cream cheese with ham

Light Meals

- Fish fingers or chicken nuggets with bread and butter and a small salad.
- Fish from a chip shop with bread and butter and peas.
- Omelette with a small salad and bread or boiled or fried potatoes.
- Sardines on toast.
- Burger in a bun with a small salad.

Patient Information

- Macaroni cheese with toast or pitta bread.
- Tinned baked beans on toast.
- Ready meals such as shepherds pie or fish pie.

Suitable Snacks - for between meals or supper time:

- Crackers with margarine or butter and cream cheese.
- Scones, Scotch Pancakes, crumpets, teacakes with butter or margarine and jam.
- Danish apple pastries, croissants, cream horns, doughnuts.
- Biscuits - plain, custard creams, Hob Nobs, Jam cream biscuits, Shortbread.
- Apple pies with a spoonful of double cream.
- Plain sponge cake with jam, iced buns, jam tarts.
- Bread sticks and full fat cream cheese, for example Philadelphia (try flavoured cream cheeses).
- Corn snacks, for example, Skips, Dorritos, Wheat Crunchies, Wotsits, Quavers, Cheddars (in moderation as these are salty).

Desserts:

- Tinned fruit (discard juice) and double cream.
- Jam sponge, fruit crumble, sponge pudding or apple pie with custard or double cream.
- Fruit puree with double cream and sponge fingers.
- Thick and creamy yoghurts or rice puddings with jam or custards (if allowed in milk allowance).
- Jelly and double cream (try adding double cream to the jelly whilst making).

Note: include jelly, custard, yoghurts and cream in fluid allowance.

If you are prescribed phosphate binders (Phosex, Renacet, Calcichew, Renagel, Lanthanum or Renvela) it is important to keep taking these with meals/snacks unless told otherwise.

Ask your dietitian for recipe ideas.

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. To contact them, please use telephone number: 024 7696 6151, or email address: GMRENDIET@uhcw.nhs.uk.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact us on 024 7696 6151 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History

Author	Coventry Dietitians (Caroline Bird)
Department	Dietetic Department
Contact Tel	Ext 26151
Published	July 2009
Reviewed	July 2011, June 2013, June 2015, June 2017
Review	June 2019
Version	7
Reference No	HIC/LFT/541/07