



Diet Corner December 2017: Ask a Dietitian

Christmas is fast approaching, how can I enjoy some festive food and drink on a renal diet?

If you are following a low potassium and phosphate diet, avoiding salt and/ or limiting your fluid intake, it doesn't mean you can't enjoy a few treats at Christmas! Here are some renal friendly menu suggestions to help you during the festive season.

Party nibbles: Choose low potassium/low phosphate options such as breadsticks, pretzels, tortilla chips or cucumber sticks with sour cream or tzatziki dip. Other savoury snacks include sausage rolls, biscuits and cheese and a very small handful of nuts (6-8 actual nuts). Unsalted popcorn is a great option instead of potato crisps, which can be high in salt and potassium. For those with a sweet tooth, choose shortbread or ginger type biscuits and limit chocolate which can be high in potassium and phosphate to 2-3 small individual pieces. Swap a fruit portion such as an apple or pear for one mince pie as they have the same amount of potassium.

Traditional Christmas Dinner Tips: Roast potatoes and parsnips can be included if they have been pre boiled to remove potassium before roasting, but don't overdo the portion size if having both. Brussels sprouts are high in potassium so ensure they are boiled and have only a small portion or try alternative boiled vegetables such as carrots, peas, cabbage, broccoli or cauliflower. Try to limit salty accompaniments such as bacon wraps and chipolatas to 1-2 pieces only with your Christmas meal. Chestnuts are high in potassium, therefore try having either a small portion of stuffing or you could have an alternative stuffing for the turkey such as sage and onion instead.

The Festive Tipple – Make sure to count in your fluid allowance: Yes some drinks are high in potassium such as real ales, stouts, cider, port, coffee liquors and red wine which should be limited. Lower potassium alternatives include a small glass of dry sherry, cream liquor, dry white wine, champagne or spirits. Instead of fruit juice as a mixer, why not try lower potassium alternatives such as lemonade, dry ginger or tonic. Reusable plastic ice-cubes can be helpful to fill your glass and keep to a smaller drink volume.

Easy Christmas Trifle (serves 4): Traditional christmas puddings or cakes can contain dried fruit that is high in potassium so why not try our festive trifle which can be a fantastic renal friendly alternative.

Ingredients: 1 x 400g canned mandarin or raspberries in juice, drained

1 small plain sponge swiss roll

1 x 75g/3oz packet custard powder

4 squares of chocolate, grated

2-3 tablespoons of sherry (optional)

150ml/1/4 pint double cream



Method: Empty the packet of custard powder and mix with 300ml of boiling water in the measuring jug. Whisk with a fork until creamy and smooth and leave to the side until you have prepared the rest of the trifle.

Slice the swiss roll evenly and use the slices to cover the base of 1 large or 4 individual serving bowls. If using sherry, sprinkle 2-3 tablespoons over the swiss roll.

Spread all but 6 of the mandarin segments or three quarters of the raspberries evenly over the swiss roll. Pour the custard over the fruit. Whip the double cream and spread over the custard.

As a finish, decorate with a little grated chocolate and the rest of the mandarins or raspberries.

Merry Christmas and a Happy New Year to all our readers from the Imperial Renal Dietitians 😊