



Diet Corner – November 2016



Ask a Dietitian

It's Christmas party season; What festive foods and drinks can I have when socialising with family & friends?

Some tips to help you make the most of the festive fare safely in terms of salt, fluid, potassium and phosphate:

▲ **Nibbles** – Handful of unsalted popcorn, rice snacks, corn chips, Sunbites™ or Wotsits™ (lower in salt and potassium than crisps.) Stick to 6-8 nuts per portion; macadamia, pistachios, pecans, hazelnuts and particularly chestnuts are low potassium/phosphate. At a buffet – try cream cheese on cracker, blinis or breadsticks / handful of crudité's such as cucumber, carrot, sweet pepper dipped in tzatziki or houmous. Or a slice of quiche, bread rolls with tuna/egg mayonnaise or sliced cold meat like fresh ham/chicken. Rice or pasta salads as a side.

▲ For **main traditional meals**, all fresh meats or fish are fine, such as turkey, chicken, goose, lamb, beef, salmon. Have with a portion of boiled vegetables such as broccoli, carrots, peas, small serving of brussel sprouts and a couple of roast potatoes (par-boiled before roasted). Cranberry & apple sauces are tasty additions and homemade bread sauce, stuffing and gravy are often lower in salt than packet options. If you have leftovers, remember to cover and refrigerate as soon as possible once cooled for up to two days (24 hours for cooked rice). Reheat thoroughly (not more than once) until piping hot.



▲ **Desserts/sweets** - Limit high potassium foods (anything containing dried fruit, such as Christmas pudding/cake and mince pies as well as chocolate) to one small serving only. Other options might be trifle, apple pie, sponge cake, brandy snaps, gateaux, meringues, treacle tart. Serve your pudding with a small side of brandy butter (with unsalted butter), custard or cream.

Enjoy sweet treats in moderation, especially if you have diabetes.

▲ **Drinks** – Remember your fluid allowance if you need to restrict how much you drink in a day. You might find filling your glass with reusable plastic ice-cubes a good way to help you keep to a smaller volume of drink. Wine, cider and lager are moderately high in potassium; white/sparkling wine are lower potassium options. Port, vodka, sherry, brandy and other spirits are also lower in potassium. For a lower potassium alternative to orange juice, try cranberry juice or fruit squashes/cordials. Take care with cola drinks which contain phosphate and choose diet varieties of lemonade or flavoured sparkling water.

Recipe - Mini savoury cranberry tartlets

A delicious way to use up any leftover meat/fish or vegetables and great for serving to guests at a party!

Ingredients (serves 8-10)

- 500g ready to roll short-crust pastry
- 1 tablespoon olive oil
- 125g cooked finely diced vegetables e.g. sweetcorn, carrot, onion, sweet pepper. Boil high potassium vegetables first e.g. spinach, brussel sprouts
- 150g diced leftover cooked meat/fish e.g. turkey/chicken/salmon or Quorn/tofu piece
- 250g cream cheese
- 1 beaten egg
- 75g cranberry sauce



1. Roll out the pastry to approx. 2mm thickness and line small tart tins or muffin tins (greased) with the pastry then bake blind for 10-15 minutes in pre-heated oven at 180C.
2. Fry the vegetables & meat/fish/Quorn/tofu. Cool slightly and stir through the cream cheese & beaten egg.
3. Divide this mixture into the pastry cases and add 1 teaspoon cranberry sauce to each.
4. Bake for 20 minutes at 180C until golden.

Congratulations to Ms. M. Theobald who won the Dietitians' Quiz at the Renal Patient Expo on 28th Sept 2016!

Merry Christmas and Happy New Year to all our readers from Imperial Renal Dietitian

Season's Greetings from all at the



George Cox – 1928 - 2015

Wishing you health & happiness in 2017