

Nutrition and Dietetics

How to fortify your diet when you have a poor appetite on dialysis

Contact Dietitian:.....

Tel No:.....

If your appetite is poor and you are not eating as well as you would normally, the following tips may help you to get more calories without having to eat more food.

It may often seem that the things that may help you to gain weight contradict the advice you have been given to keep your potassium/phosphate levels controlled, but this diet sheet will help you to make the most appropriate choices.

You can fortify your food, which means adding extra calories, in the following ways:

Milk: If both your phosphate and potassium levels are within the recommended levels you can increase energy and protein intake by adding 2oz (four tablespoons) of milk powder such as Marvel or 'Five Pints' to one pint of full cream milk. This can be used in the usual way in drinks, on cereals, in sauces and puddings. You can still stick to your fluid restrictions and allowance of milk/milk exchanges as advised by the Dietitian, but using full fat products and fortifying with milk powder will increase the calories in the same amount. If you are unsure if this is appropriate for you, check with your Renal Dietitian first.

To savoury foods add cheese, fortified milk, gravy, milk powder, pulses, meat, double cream, crème fraiche, or butter/margarine (rather than low fat spread). For example:

- Add beans and pulses to soups and casseroles
- Add grated full fat cheese onto potato mashed with full fat milk and butter/margarine/vegetable oil
- Add butter, full fat cheese and white sauce to vegetables
- Add grated cheese/cream/vegetable oil to soups
- Add cream/crème fraiche or extra vegetable oil to casseroles
- Add hummus/avocado/salad cream and mayonnaise to your sandwiches and spread butter/margarine generously

*** Remember that soups, white sauce and gravy will need to be counted in your fluid restriction.**

*** You may need to increase your phosphate binders to help control your phosphate levels if you are incorporating more milk/cheese into your diet, but your Renal Dietitian will be able to advise you on this as your intake changes.**

To sweet foods add fortified milk, sugar, double cream, honey, syrup, ice cream or evaporated milk. For example:

- Add full fat/double cream and syrup to pies/sponge cake/pancakes
- Add extra sugar, honey or syrup to desserts and cereals

If you are diabetic, discuss the addition of honey, syrups and sugar to your meals with your Renal Dietitian first.

Nourishing drinks

If you are not on a tight fluid restriction and/or can substitute one of your current drinks for a fortified version, it can be an easy way to increase calories in your diet with little effort. For example:

- Fizzy drinks (avoiding low calorie options and cola if you are on a phosphate restriction)
- Alcohol (check with your doctor first). A small sherry, ½ pint of beer or a glass of wine taken half an hour before a meal will help to stimulate your appetite

If you are not on a phosphate restriction then the following are additional options:

- Hot chocolate, Horlicks, Ovaltine, milky coffee (all made up with full fat milk/cream)
- Milkshakes with added ice-cream and syrups



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For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk

Polish

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem Informacji Pacjenta (Patient Information) pod numerem telefonu: 01223 216032 lub pod adresem patient.information@addenbrookes.nhs.uk

Portuguese

Se precisar desta informação noutra língua, em impressão de letras grandes ou formato áudio, por favor peça ao departamento que contacte a secção de Informação aos Doentes (Patient Information) pelo telefone 01223 216032 ou através do e-mail patient.information@addenbrookes.nhs.uk

Arabic

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Cantonese

如您需以另一語言版本、特大字體或錄音形式索取本資料，請要求部門聯絡病人諮詢服務：電話 01223 216032，電郵地址 patient.information@addenbrookes.nhs.uk

Turkish

Eğer bu bilgileri başka bir dilde veya büyük baskılı veya sesli olarak isterseniz, lütfen bulunduğunuz bölümdeki görevlilere söyleyin Hasta Bilgilendirme servisini arasınlar: 01223 216032 veya patient.information@addenbrookes.nhs.uk

Urdu

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Bengali

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