



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

What Can I Eat? – A General Guide for People Living With Kidney Disease

Information for patients, relatives and carers

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Introduction

This diet sheet is designed to be used as a general guide of foods suitable for people living with kidney disease. Portions have been specified where applicable.

This list is not exhaustive. Foods not included in this leaflet can still be included in your diet. Ask to speak to your kidney dietitian for individual advice.

Foods which may have hidden salt have been highlighted with an asterisk (*). Try to limit the frequency of these foods. Check the labels and choose lower salt options where possible.

The milk and meat alternatives section includes organic products. This is because the organic products have not been fortified and do not contain any food additives.

Vegetables

Vegetables		
Asparagus (boiled)	Kohlrabi (boiled)	Peppers (raw)
Aubergine (fried)	Leeks (boiled)	Pumpkin (boiled)
Bean sprouts (raw)	Lettuce	Radish (raw)
Beetroot (pickled)	Mange tout (boiled/raw/ fried)	Runner beans (boiled)
Broad beans (fresh/canned – boiled)	Marrow (boiled)	Salsify (boiled)
Broccoli (boiled)	Mixed frozen vegetables (frozen/canned)	Shallots (raw)
Carrots (raw or boiled)	Mooli (raw)	Spinach (boiled)
Cauliflower (boiled)	Mushrooms (canned and drained)	Spring greens (boiled)
Chicory (raw)	Mustard cress (raw)	Squash (boiled)
Corn on the cob (boiled)	Olives (canned/jar)*	Sugar snap peas (raw/boiled/stir- fried)
Courgette (boiled)	Onions (raw/pickled/boiled)	Swede (boiled)
Cucumber (raw)	Peas (frozen/canned/ mushy)	Sweetcorn (boiled)
Curly kale (boiled)		Tomato (canned)
Gherkins (pickled)*		Turnip (boiled)
Green/French beans (fresh/ canned)		Water chestnuts (canned)
		Watercress (raw)

Fruits

Fruits		
Apple (fresh)	Grapefruit	Peaches (fresh)
Apricots	(fresh/canned)	Pear (fresh)
(canned and drained)	Guava (canned and drained)	Pineapple (fresh)
Blackberries (fresh)	Kumquats	Plums (canned and drained/stewed)
Blackcurrant (canned and drained)	Lemon	Pomelo
Blueberries (fresh)	Lime	Quince
Cherries (fresh)	Loganberries (canned and drained)	Raspberries (fresh)
Clementine	Lychees	Rhubarb (canned and drained)
Cranberries (fresh)	Mandarins	Satsuma
Fig (fresh)	Melon	Strawberries (fresh)
Fruit cocktail (canned and drained)	Nectarine (fresh)	Tangerine
Fruit pie filling	Orange	
Gooseberries (stewed)	Papaya (fresh)	
	Passion fruit	

Limit fruit juice, vegetable juice and smoothies to 150ml per day

Carbohydrates

Grains, Pasta, Potatoes and Rice	Bread, Flour and Pastries*	Cereals*
Boiled potatoes Bulgar wheat Chips (homemade, par-boiled) Cous Cous Mashed potatoes Noodles Oats (plain) Pasta Pearl Barley Rice (all types) Roast potatoes (par-boiled) Sweet potato (boiled/par-boiled) Wedges (par-boiled) Yam (boiled)	Bagels Bread and bread rolls (white, brown, granary, wholemeal) Brioche rolls Chapattis Ciabatta Cornflour Croissants Dumplings English muffins Melba toast Pains au Chocolats Pancakes (homemade) Pastry (fresh) Pitta bread Wheat flour Yorkshire puddings (homemade)	Cheerios Coco Pops Cornflakes Frosties Oats-So-Simple Porridge oats Puffed wheat Ready Brek Rice Krispies Shredded Wheat Shreddies Special Flakes Special K Sugar Puffs Weetabix Weetos

Protein Foods

Meat	Fish	Meat Alternatives
<p>All fresh meat, for example:</p> <p>Beef</p> <p>Beef mince</p> <p>Chicken</p> <p>Duck</p> <p>Lamb</p> <p>Oxtail</p> <p>Pork</p> <p>Rabbit</p> <p>Turkey</p> <p>Turkey mince</p>	<p>All unsmoked fresh fish without bones for example:</p> <p>Cod</p> <p>Haddock</p> <p>Mackerel (fresh/tinned – skinless and boneless) *</p> <p>Plaice</p> <p>Salmon (fresh/tinned – skinless and boneless) *</p> <p>Sardines (fresh/tinned – skinless and boneless) *</p> <p>Sea bass</p> <p>Skate</p> <p>Sole</p> <p>Trout</p> <p>Tuna (fresh/tinned – skinless and boneless) *</p> <p>Whiting</p>	<p>Baked beans (3 tbsp)</p> <p>Beans (3 tbsp)</p> <p>Chickpeas (3 tbsp)</p> <p>Eggs</p> <p>Lentils (3 tbsp, cooked)</p> <p>Split peas (3 tbsp, cooked)</p> <p>Tempeh (organic)</p> <p>Tofu (organic)</p>

Dairy Foods

Three portions per day can be included from this food group. Portions have been specified where applicable.

Milk	Yoghurts and Puddings	Other
Cow's milk (100ml) Organic milk alternatives (200ml): Almond Cashew Coconut Oat Rice Soya	Custard (150g) Fromage Frais (125g) Ice cream (120g/2 scoops) Ice cream - dairy free (120g/2 scoops) Milk pudding (150g) Rice pudding (150g) Soya yoghurt (250g) Yoghurt (125g)	Cream cheese Crème fraiche Fresh cream Sour cream

Cheese*		
15g portion	30g portion	60g portion
Emmental	Blue Stilton	Brie
Gruyere	Cheddar	Camembert
Parmesan	Dairy free cheese	Cottage cheese
	Danish Blue	Feta
	Double Gloucester	Goat cheese
	Edam	Mozzarella
	Gouda	Quark
	Red Leicester	Ricotta
	Red Windsor	White Stilton
	Wensleydale	

Puddings and Snacks

Puddings	Biscuits	Cakes
Arctic roll	Digestives	Angel cakes
Cheesecake	Ginger nuts	Battenberg
Crème brûlée	Hob Nobs	Cream buns
Crème caramel	Iced biscuits	Doughnuts
Fruit crumble	Jam filled biscuits	Ginger cake
Fruit pie	Marie biscuits	Iced cakes
Ginger sponge pudding	Nice biscuits	Iced buns
Golden syrup sponge pudding	Rich tea	Jam buns
Jam sponge pudding	Shortbread	Jam tarts
Jelly	Wafers	Lemon cake
Lemon meringue pie		Lemon curd buns
Lemon sponge pudding		Lemon curd tarts
Meringue		Madeira cake
Pavlova		Swiss roll
Sorbet		Victoria sponge
Treacle sponge pudding		
Treacle tart		
Trifle		

Confectionary	Savoury Snacks*	Other
Boiled sweets Fruit pastilles Ice lollies Jelly sweets Kendal mint cake Marshmallow Mints Sweet popcorn Turkish delight	Bread sticks Butter puffs Corn based crisps Cracker bread Cream crackers Crisp breads Dutch crisp bakes Maize based crisps Popcorn (plain) Pretzels Rice cakes Scones (plain, homemade) Water biscuits	Chewing gum Honey Jam Lemon Curd Marmalade Sugar (white/brown) Syrup Treacle

Herbs, Spices, Condiments, Oils and Spreads

Herbs and Spices	Condiments*	Oils and Spreads
Chilli powder Curry powder Garlic Herbs (fresh/dried) Lemon juice Lime juice Pepper (black/white) Spices Vinegar	Apple sauce Brown sauce (reduced salt, 1 tbsp) Chilli sauce Chutney Cranberry sauce Gravy granules (reduced salt, 10g) Horseradish Ketchup (reduced salt, 1 tbsp) Mayonnaise Mint sauce Mustard Pickle Salad cream Stock cubes (reduced salt)	Butter (unsalted) Margarine Olive oil Olive oil spreads Vegetable oils

Drinks

Hot Drinks	Cold Drinks	Alcohol
Black tea	Barley water	Brandy
Coffee (1-2 cups per day)	Diet lemonade	Gin
Fruit tea	Diet ginger beer	Rum
Green tea	Cordials	Vodka
Herbal tea	Fanta Zero Sugar	Whisky
	Flavoured water	
	Irn Bru Sugar Free	Men and women are advised not to drink more than 14 units a week on a regular basis (25ml spirit = 1 unit)
	Lilt Zero	
	Lucozade Energy	
	Zero Sugar	
	Squash	
	Soda water	
	Sparkling water	
	Tonic water	
	Water	

Meal Ideas

Breakfast

- Cereal or porridge with milk and fruit
- Toast/bagel/English muffin with boiled/scrambled/poached egg
- Toast/English muffin with jam or marmalade
- Bagel with cream cheese
- Yogurt with fruit
- Homemade pancakes with fruit and yoghurt

Light meals

- Poached/scrambled/boiled egg on wholegrain toast
- Crackers and cottage cheese/cream cheese
- Reduced salt baked beans on toast
- Tinned tuna and cheese on toast
- Omelette with salad
- Cold meat with potato salad
- Pizza slice with salad
- Vegetable frittata
- Tuna pasta salad with sweetcorn and mayonnaise

Sandwich/Pitta/Baguette fillings

- Egg and salad/watercress/tomato slice
- Tuna/salmon with mayonnaise/lime/vinegar and salad
- Cooked chicken with mayonnaise and salad
- Cottage cheese with chives/pineapple/roasted vegetables

- Cream cheese with vegetable sticks
- Cooked meats e.g. roast beef/pork/lamb/turkey with salad and sauce e.g. mint sauce/cranberry sauce/apple sauce/mustard/horseradish
- Roasted vegetables

Main meals

- Spaghetti bolognaise
- Vegetable/beef chilli con carne with rice
- Roast meat with roasted potatoes, Yorkshire pudding and roasted vegetables
- Shepherds/cottage/fish pie with vegetables
- Poached or oven baked fish with parsley sauce, boiled potatoes and vegetables
- Chicken/beef/bean casserole with mashed potato/rice and vegetables
- Meat/fish/vegetable curry with rice
- Homemade meatballs with rice/potatoes and salad/vegetables
- Steak/vegetable pie with mashed potatoes and vegetables
- Lamb tagine with cous cous and vegetables
- Risotto
- Lasagne

Check salt content of ready made meals and choose lower salt varieties where possible.

Recipes

Kidney Care UK's Kidney Kitchen has a variety of recipes on their website. Their recipe book can also be purchased on their website.

<https://www.kidneycareuk.org/about-kidney-health/living-kidney-disease/kidney-kitchen/>

[Website Accessed January 2023]

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Admin Team, The York Hospital, Wigginton Road, York YO31 8HE, telephone 01904 725269 or email Nutrition&Dietetics@york.nhs.uk.

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