Snack suggestions for renal patients: low potassium, low phosphate and low sodium options

This handout has been created to provide you with low potassium, low phosphate and low salt snacks. If you are not on all these restrictions, this list may be too strict for you.

The following snacks can be included regularly as part of a balanced diet:

1. Sweet
   - Slice of regular or raisin toast, mountain bread, premade or homemade pikelets, homemade pancakes (not shake-it pancake)
   - Suitable spreads include: salt reduced margarine, jam, honey, marmalade,
   - Plain sweet biscuits (scotch finger, milk coffee, milk arrowroot)
   - 1 medium size piece of low potassium fruit such as apple, pear, mandarin, ½ cup of berries, handful of grapes, strained tinned fruit, cranberries

2. Savoury
   - Rice cakes, Rice Thins and Corn Thins – ideally plain (flavoured varieties are higher in salt)
   - Ryvitas, Cruskits, Salada, Vita wheat, Water Crackers, Saos, slice of bread, Mountain Bread
   - Pita chips – simply cut pita bread into triangles, spray with oil and bake in moderate oven, until crisp. Will keep in airtight container for 3 days
   - Plain popcorn
   - Small handful unsalted macadamia nuts
   - Suitable spreads include: salt reduced margarine, thin scrape of: cream cheese, thin slice of tomato, Tzatziki or Hummus.
   - Half a round of sandwiches: egg lettuce, turkey with cranberry sauce, roast beef with fruit chutney, tuna and mayonnaise, salmon and lemon juice, chicken, lettuce and mayonnaise.
   - Boiled eggs
   - Tuna or salmon in spring water
   - Low potassium vegetable sticks such as celery, carrots, capsicum, cucumber
3. Special occasion snacks (small amounts once or twice per week)

- Pampas pastry, croissants, hot cross buns, doughnuts, meringue
- Dips such as eggplant dips, homemade dips based on cream, sour cream or cottage cheese.
- Iced or cream sweet biscuits, shortbread, wafer biscuits, Jatz biscuits, prawn crackers
- Homemade cake such as sponge, madeira, vanilla or lemon cake (ideally using bicarb soda rather than baking powder)
- Lollies: Minties, barley sugar, hard boiled and soft lollies (snakes, jelly babies, Natural Confectionary and Starburst), Pascall, Marshmallows, Skittles, gummy bears, Turkish delight (without chocolate)
- Icy Poles, sorbet and ice-cream

Helpful hints

1. Homemade snacks containing the following ingredients are acceptable:
   - White Plain Flour (not self-raising)
   - Sugar, honey, meringue, jam or jelly
   - Unsalted margarine, oil
   - Milk, eggs

2. Ingredients to limit
   - Golden syrup, dried fruit, self-raising flour, baking powder, chocolate, condensed milk, evaporated milk, coconut, nuts, bran
   - Avoid tomato products, avocados, Worcestershire sauce.

3. Food additives
   - Some food additives contain highly absorbable phosphorus which can make your blood phosphate level high.
   - To avoid additives make food from fresh and unprocessed ingredients and try limiting processed foods.
   - If you want more information your Dietitian can give you a list of food additives to avoid.

My own snack ideas:

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For further information contact your Dietitian or Nutritionist: