

High energy eating and advanced kidney disease

This resource is for people with advanced kidney disease (not on dialysis) who need to eat more. As kidney disease progresses, eating less and weight loss can be common problems. These occur because waste products, usually filtered by your kidneys, build up in the body. This can result in poor appetite, feeling sick, taste changes, dry mouth, and lack of energy.

Eating a diet **high in energy** and **moderate amounts of protein** can:

- Improve your nutrition
- Help manage symptoms
- Keep you strong and preserve your muscles



Suggestions when you are eating poorly:

- Aim for 6 small meals/snacks per day – using smaller plates can be less overwhelming
- Don't rely on your appetite - try to eat something every 2-3 hours
- Avoid skipping meals as this can make you feel worse
- Sip fluids between meals; having large drinks with meals can fill you up too much and limit how much food you eat
- Make the most of when you feel hungry and try to eat more at that time e.g., if you are most hungry when you first wake up, try to have your main meal at that time
- Eat your favourite foods
- Eat with friends and family
- Take snacks with you when you go to appointments or leave the house
- Making larger meals, portioning, and freezing, or having pre-made meals can make it easier for you to eat
- Consider frozen meals or delivered meals like Meals on Wheels
- Gentle exercise can stimulate appetite - short walks around the block may help.

What can I try if I suffer with dry mouth or changes to my taste?

- Add extra or different flavours to meals - try herbs, spices, mint, vinegar, lemon juice

- Brushing teeth regularly, chewing gum, sucking on peppermints or ice, or using bicarbonate mouthwashes (1 teaspoon of sodium bicarbonate in 500mL water)










What can I do if I feel sick or am sensitive to smells?

- If smells and hot meals are off putting, try cold foods
- Try foods containing ginger e.g. ginger ale, crystallised ginger, ginger tea
- Talk to your doctor about regular anti-nausea medication. Taking these 30 minutes before meals can help with your eating.



High Energy Foods (fats and carbohydrates)

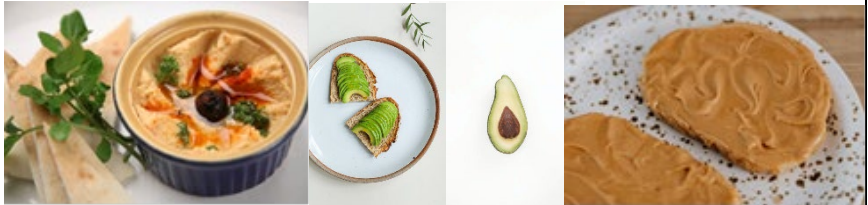
Eating high energy foods at each of your meals and snacks will keep your energy levels up and provide your body with fuel.

Food Group	How to include these in your diet
<u>Grains & Cereals</u> <ul style="list-style-type: none"> • Breads and wraps • English muffins and crumpets • Fruit toast and hot cross buns • Garlic bread and naan bread • Rice, pasta, quinoa, couscous, barley, grains • Oats, granola, muesli, breakfast cereals, muesli bars • Croissants, pastries, danishes • Biscuits, cakes, sponge with cream, slices, muffins, scones, donuts • Pikelets and pancakes 	     <ul style="list-style-type: none"> • Include some of these at each of your main meals, making them the biggest part of the meal • Enjoy a biscuit, cake, or pastry with your morning tea • Try a bowl of cereal with some non-dairy milk as a snack or meal, even if it's not breakfast time • Try fried rice or creamy pasta dishes e.g., macaroni cheese or alfredo linguini    

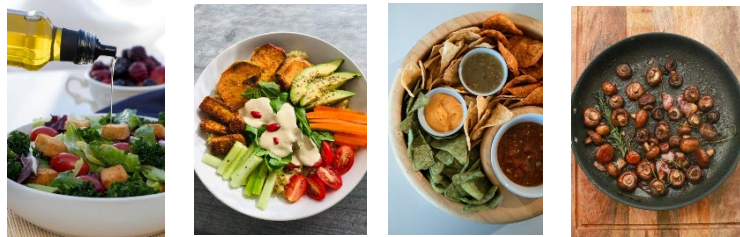
<p><u>Milks & Dairy Foods</u></p> <ul style="list-style-type: none"> Choose non-dairy milks e.g., oat, rice, cashew or almond, instead of cow's milk as they are lower in protein (see explanation below) Yoghurt and custard Creams and sour cream Ice cream Desserts e.g., rice pudding, meringue/pavlova, cream puffs, lemon curd tart, panna cotta, mousse 	<div data-bbox="651 172 1377 398">  </div> <ul style="list-style-type: none"> Make high energy, lower protein smoothies or milkshakes (see recipes below) Have dessert every day Add cream to your porridge, tea/coffee, mashed potato, pasta, or eggs Try a creamy potato and sweet potato/pumpkin bake Add sour cream to your potatoes, soups, and casseroles Try a creamy soup e.g., cream of corn, broccoli, cauliflower, mushroom etc Try fruit with cream for an easy snack e.g., strawberries and cream, tinned fruit with cream <div data-bbox="584 1088 1444 1276">  </div>
<p><u>Snacks & Extras</u></p> <ul style="list-style-type: none"> Ice blocks, sorbet, jelly Lollies e.g., jellybeans, snakes, jubes, boiled lollies, marshmallows, caramels, Minties, Turkish delight etc Chocolate Nuts, nut bars, popcorn Soft drinks and cordials 	<div data-bbox="592 1330 1444 1503">  </div> <div data-bbox="638 1512 1422 1680">  </div> <ul style="list-style-type: none"> Suck on lollies and chocolate through the day Add lots of butter or choose sugar or caramel coated popcorn and nuts Mix your soft drink with ice-cream to make a spider Sipping on cordials and soft drinks can increase your energy

Condiments & Sauces

- Oils e.g., olive oil, sunflower oil, canola oil
- Butter and margarines
- Sugar
- Honey, jam, syrups, lemon butter, peanut butter
- Avocado
- Dips
- Mayonnaise, salad dressing, white/cheese sauce



- Be generous with adding oil, in all your cooking
- Fry or roast your vegetables in lots of oil or butter e.g., fried mushrooms/tomatoes or roast potatoes
- Try dipping your bread in olive oil and dukkah or vinegar
- Try frying your bread in oil or butter
- Add lots of butter/margarine to bread, potatoes, corn cob
- Add condiments and sauces e.g., cheese or white sauce on vegetables, salad dressing on salads
- Snack on biscuits or toast with a thick layer of jam, peanut butter, avocado, or dip
- Add extra sugar to your tea or coffee



High Energy Smoothie Recipe (1400kJ, 3g protein):

- 250mL Vitasoy Oat Milk Unsweetened*
- 1 handful of frozen berries
- 2 tablespoons cream
- 1 teaspoon honey

Blend until mixed

High Energy Milkshake Recipe (1100kJ, 3g protein):

- 250mL Vitasoy Oat Milk Unsweetened*
- 1 scoop ice-cream
- 1 tablespoon chocolate/strawberry syrup

Blend until mixed

* Try rice, almond, or cashew milk instead of oat milk if you prefer (see explanation below about non-dairy milks being lower in protein)



Feel free to add extra flavourings to these recipes, depending on your preferences:

- Ice-cream, cream
- Honey, maple syrup, strawberry/caramel/chocolate topping
- Fruit
- Milo, cocoa powder, vanilla essence, instant coffee
- Almond meal, LSA mix, or peanut butter

What about nutritional supplements?

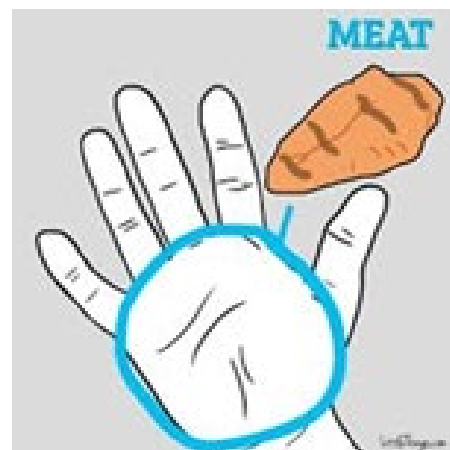
If you continue to lose weight without trying, your Dietitian or Doctor might recommend a nutritional supplement. Some common supplements are Resource Fruit, Fresubin Energy Fibre, Novosource Renal, Poly-joule, or Nutren Diabetes (previously called Diabetic Sustagen). If you are concerned speak to your Doctor or Dietitian.

How much protein should I eat?

Protein is needed to keep your muscles strong and recover from illness or injury. Eating too much protein can overwork your kidneys and lead to the build-up of a waste product called urea. This can make you feel sick and not want to eat.

Aim to eat moderate sized portions every day

- At your main meal, aim for 100-120g portion of lean meat, fish, or chicken (the size of a deck of cards or a lady's palm) or 1½ cups legumes, pulses, or tofu



It can also be helpful for your symptoms and kidney function to change the types of protein foods you are eating. Try and reduce:

- Processed meats e.g., ham, bacon, silverside, sausages, deli meats, rotisserie chicken
- Red meat (choose beef/lamb less often) – these can make some people's symptoms worse
- Cow's milk based dairy products – these are higher in protein



Instead, try and increase how often you eat:

- Chicken and fish
- Eggs (aim for up to 7 per week)
- Non-dairy milks e.g., oat, rice, cashew or almond - these are all lower in protein compared to cow's milk and might help you to feel better
- Nuts and seeds
- Tofu and plant-based proteins like legumes and pulses e.g., chickpeas, black beans, lentils, 4 bean mix, baked beans etc

Things I can do to improve my diet for advanced kidney disease:

1.

2.

3.

4.

For further information contact your Dietitian or Nutritionist: _____

