

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:

For further information contact your Dietitian or Nutritionist:

