



# Dialysis Festive Feastings



Christmas is here and everyone looks forward to enjoying festive food & drinks with their family and friends! Even with your special dietary needs, you should still be able to enjoy the Christmas festivities.

## Potassium

Christmas is a time to treat yourself, however if you have trouble controlling your potassium level you will need to be especially careful over Christmas. Many traditional Christmas foods such as mince pies and Christmas puddings are high in potassium and should be taken with caution. There are many good alternatives that are lower in potassium. Try to choose foods that contain very little or no dried fruit, nuts or chocolate and drinks that are lower in potassium.

You can still have some high potassium foods and drinks but limit the size of your portions and how frequently you have them. Foods high in potassium could be swapped for your daily fruit & vegetable portions. Your Dietitian can give you a more detailed list of potassium options.

### ***Festive foods high in Potassium***

Christmas pudding, Christmas Cake,  
Mince pies  
(Limit to one of these a day e.g. 1 mince pie or 1 slice of cake or 2 tbsp Christmas pudding)

Dried fruit  
Chocolate  
Crisps  
Bombay mix  
Nuts

Green banana/ plantain/ bread fruit

### ***Festive Foods lower in Potassium***

Trifle\*  
Ice cream  
Meringues\*  
Cream Cake or gateau\*  
Shortbread\*  
Turkish delight\*  
Pop corn  
Corn snacks eg. Skips, Wotsits, Doritos,  
Sunbites, monster munch  
Pretzels, breadsticks

### ***Festive drinks high in Potassium***

Fruit & vegetable juices  
White or red wine  
Beer & Ale  
Lager & cider  
Coffee, cappuccino

Dry, sparkling wine & sherry are lower in potassium, but still need to be taken in moderation.

Mix spirits with fizzy drinks or water.

Traditional Afro-Caribbean punch – better with Jamaican lemonade

### ***Festive drinks lower in Potassium***

Flavoured water  
Lemonade,  
Cola\*, Bitter Lemon\*  
Tonic water, Soda Water  
Ginger beer/ ale\*  
Cordial/ squash\*  
Spirits eg. brandy, whisky, vodka  
Gin, Rum, Bailey's  
Martini/ Vermouth

\* If you have Diabetes, choose lower sugar varieties

## Fluid

Try to keep to your daily fluid allowance as best as possible over the festive period and remember that gravy, soups, sauces and custard are also considered as fluids. Some foods are very salty eg. Crisps, bacon, salt fish, savoury snacks and could make you feel thirsty. Try to limit these foods or you'll want to drink too much and you could run the risk of fluid overload.

## Phosphate

If you need to watch your phosphate intake you should limit the intake of cheese, milk, nuts and chocolate over Christmas. But most important – do not forget to take your phosphate binders! Your eating pattern may change during the festive period and you might need to split the dose differently. When eating out remember to take your phosphate binders with you.

### Suggested Menu



#### Starters

Prawn Cocktail  
Pate with toast or crackers  
Caesar Salad  
Egg Mayonnaise  
Smoked Salmon

#### Main courses

Roast Turkey/ Beef/ Chicken/ Lamb/ Goose or Duck served with accompaniments eg. Small portion of sage & onion stuffing and one of the following: mint sauce/ horseradish sauce/ cranberry sauce/ apple sauce/ bread sauce  
3 Small boiled potatoes or 2 small Roast potatoes(parboiled)  
Small portion of high potassium vegetable eg. Brussel sprouts/ parsnips/sweet corn  
Portion of lower potassium Vegetables eg. Carrots/cabbage/turnip/broccoli/cauliflower  
Sausage or bacon roll or Yorkshire pudding  
Small portion of gravy

#### Desserts

Small portion of Christmas pudding(without nuts) – 2 tablespoons only as high in potassium  
Brandy sauce, butter or cream  
Apple Pie & Custard, ice cream or cream  
Brandy snaps & Cream/ Ice cream  
Meringue/ cream with small amount of fruit  
Gateaux – avoid excess chocolate & nuts  
Trifle  
Ice Cream  
  
Cheese & biscuits  
Tea & Mince Pie

*Asian:* Tandoori Meat/ Fish/ Chicken Curry & Chapattis/ Rice/ Noodles

*Afro-Caribbean :* Traditional roast dinner or rice/ peas etc – limit beans and boil vegetables well

**Any dietary queries speak to your Dietitian.**



## FESTIVE OPTIONS

The foods below are high in potassium so you need to swap them for your usual vegetable or fruit portions as advised by your dietitian

### REMEMBER

You may have up to 4 portions daily, which may be made up of fruit, vegetables or festive options

#### **Each food below can be swapped for 1 portion of potassium:**

( eg swap 1 apple for 1 small cup of coffee)

- Christmas cake – 1 small piece (50g)
- Christmas pudding – 2 tablespoons (40g)
- Coffee – 1 small cup
- Cream filled chocolates – 8
- Chocolate covered caramels – 6
- Milk/ plain/ white chocolate – 6 squares of a small bar
- Mince pies – 1 medium
- Stollen cake – depending on dried fruit & marzipan content- 1 slice



- Chestnuts, walnuts, pecan nuts, macadamia nuts – 30g
- Potato crisps, potato rings, Pringles, twiglets –20g
- Sunflower, sesame or pumpkin seeds – 1 tablespoon
- Peanuts, cashew nuts, pistachio nuts – 1 dessertspoon
- Sev, ganthia, or Bombay mix – 2 tablespoons
- Burfi or phendha – 1 small piece

- Sweet sherry, red wine, sweet white wine, port – 1 small glass (100mls)
- Dry white wine, sparkling white wine, Rose wine – 1 medium glass (125mls)
- Beer, lager – ½ pint glass ( 300mls)
- Pale ale, stout, Bitter, low alcohol lager – 1/3 pint glass (200mls)
- Cider – small glass (150mls)



**Lower Potassium Choices- see Party Food List**



## PARTY FOOD for those on DIALYSIS



### Savouries:

Quiche – eg: cheese & ham, onion (avoid excess mushrooms, spinach, tomatoes)

Sausage rolls, pork pie, bacon wrapped sausages

Bread sticks, cheese sticks, cheese spirals

Cocktail sausages, cream cheese, pineapple, cheese on sticks

Chicken drumsticks, chicken vol-au-vents (avoid mushrooms)

Satay sticks, samosas (boil vegetables & potatoes first) – avoid peanut dips

Ham cornets with cream cheese & chives/herbs/pineapple



Sandwiches – any type of bread – white, brown, granary,

Pitta, ciabatta, naan, etc

Fillings: chicken & mayo, ham & mustard, cheese & pickle, chicken tikka, tuna & cucumber, pork & stuffing, egg & cress, beef

Salad – lettuce, cucumber, cress, thinly sliced red or green pepper - limit tomato

Crackers - cream, water biscuits, Cornish waifers, Tuc etc  
(avoid oatcakes & Ryvita)

Wheat, corn snacks – Sunbites, Doritos, Skips, Wotsits, Nik Naks

Dips – cream cheese & chives, cheddar, mint, garlic, cucumber, yoghurt

Pizza, Popcorn, puffed rice

Pakorras, Bhadji – use wheat or rice flour instead of gram flour, boil vegetables first Kachori ( no Sultanas) / Puri – made from plain flour

Crusty bread + butter



### Desserts - (NB: People with diabetes should limit sugary foods)

Ice cream, brandy snaps, meringue & cream (with Baileys if you like!)

Trifle (limit the sherry!)

Cheesecake, Gateau - fruit type, Sponge, Madeira cake

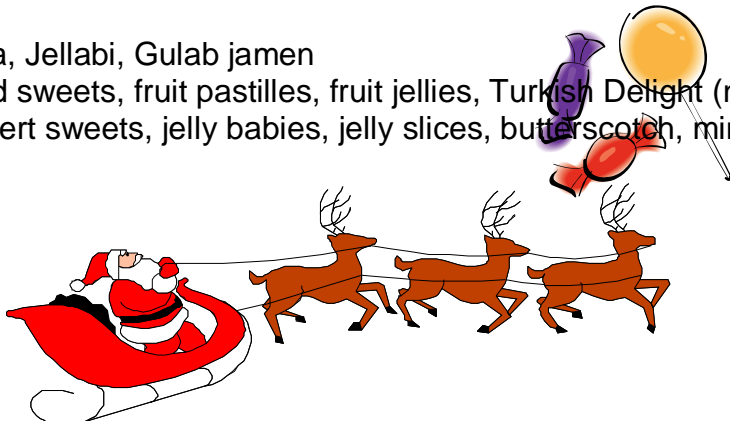
Treacle tart & cream, Lemon meringue pie, Profiteroles, Apple pies, cream or custard

Donuts, jam tarts, egg custard, cream cakes, Iced fondant cakes, Battenburg

Assorted cream, jam filled biscuits, waifers, iced biscuits, Shortbreads

Halwa, Jellabi, Gulab jamen

Boiled sweets, fruit pastilles, fruit jellies, Turkish Delight (no nuts), marshmallows, peppermints, sherbert sweets, jelly babies, jelly slices, butterscotch, mints



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