

# SNACK IDEAS WHEN FOLLOWING A RENAL DIET

Many children find that, when their kidneys are not working well, they may lose interest in foods, and they may not feel very hungry. However it is important to try and have meals and snacks throughout the day, even if you only manage a small amount of them.

Here are a few ideas you may want to try:

## CRUNCHY SNACKS



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## SWEET SNACKS

A small handful of berries

An apple or pear

Pineapple

Grapes

Fruit cocktail

(ask your Dietitian for advice regarding which fruits you can have)

Sherbet

Plain Muffins

Croissant

Jam Tart

Swiss Roll

Plain or jam biscuits

# SNACK IDEAS WHEN FOLLOWING A RENAL DIET

## SAVOURY SNACKS



Bagel and cream cheese

Pitta pockets with cottage cheese

Small amount of hummus  
and suitable vegetables

(please ask your Dietitian regarding  
which vegetables you can have)

Crispy bread  
dipped in olive oil

Breadsticks / plain crackers with  
sour cream and chive dip

Falafels

Always check with your Dietitian regarding which foods you can have and which foods you should limit in your diet. Everyone's needs are different.