



# ADDING FLAVOUR TO MEALS

when you have kidney disease



Having chronic kidney disease can change your sense of taste. Some children and young people prefer foods which have a strong flavour or are spicy. Here are a few tips to make your meals tasty if you need to have less potassium or salt in your diet.

## CHOOSE...



**FRESH HERBS AND SPICES** are lower in potassium than dried - so choose fresh herbs and spices if possible.

**VINAIGRETTES (MADE WITH OLIVE OIL)** can add lots of flavour and spice to a salad.

**ADD GARLIC** to a meal for extra flavour.

## AVOID...

**AVOID ADDING SALT** or salt substitutes to food at the table or in cooking.



## REMEMBER TO...

**CHECK THE SALT CONTENT** of fajita mixes, Chinese five spice and Thai seven spice mixes as these are often high in salt and should only be used sparingly.



**HOW DO I KNOW IF A FOOD IS LOW IN SALT?** If a food contains **0.3g of salt or less per 100g** it is considered to be **low in salt**.

## WHICH HERBS AND SPICES CAN I USE TO ADD EXTRA FLAVOUR?

You can choose various herbs and spices to flavour foods and dishes. The list below highlights good flavour combinations that you may wish to try.



**CARDAMOM:** This is great for adding flavour and aroma to curries.



**BASIL:** This herb can be used to complement tomato-based sauces, lamb, fish or eggs. It tastes great with potatoes and pasta.



**DILL:** This works well with fish, cream cheese or cottage cheese, potatoes, fish and vegetables.



**GARLIC:** Try making your own garlic butter and add this to fish, chicken or pasta. You can even make your own garlic bread by adding fresh, crushed garlic to a baguette and then baking it in the oven.



**MARJORAM:** This tastes great with fish, cheese dishes, or chicken and pork dishes.



**MINT:** You can make your own mint sauce and add it to lamb.



**OREGANO:** Try this to complement tomato-based sauces or used on homemade pizzas.



**PARSLEY:** Use with meats, vegetables, cheese and eggs.



**ROSEMARY:** This works well with pork and lamb.



**SAGE:** Make your own stuffing using sage.



**TARRAGON:** This is great with fish sauces, green salads, pickles, and with chicken.



**THYME:** You can make your own stuffing using thyme. Thyme can also be added to sauces for use with beef, pork and chicken.



**GINGER:** Add ginger and sliced lemon to chicken and then roast in the oven.



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# HERBS AND SPICES



If you have been advised to follow a low potassium diet, you may need to choose lower potassium herbs and spices.



## LOWER POTASSIUM OPTIONS

- Basil (dried, ground; fresh)
- Coriander leaves (fresh)
- Coriander seeds
- Dill (dried; fresh)
- Dill seeds
- Marjoram (dried)
- Mint (dried; fresh)
- Oregano (dried, ground; fresh)
- Parsley (fresh)
- Rosemary (fresh; dried)
- Sage (dried, ground; fresh)
- Garlic (fresh, powdered)
- Thyme (dried, ground; fresh)
- Cardamom (ground)
- Cinnamon (ground)
- Cloves (dried)
- Cumin seeds
- Curry powder
- Fennel seeds
- Ginger (fresh; ground)
- Nutmeg (ground)
- Pepper (black; white)
- Saffron
- Tarrogon (dried, ground)

## MODERATE IN POTASSIUM

Use half a teaspoon in a meal to serve 4 people

- Chervil (dried)
- Coriander leaves (dried)
- Parsley (dried)
- Lemon juice
- Fenugreek
- Chilli powder
- Paprika
- Pepper cayenne (ground)
- Turmeric (ground)



## HIGH IN POTASSIUM

Use less than half a teaspoon in a meal to serve 4 people

- Fresh red chillies
- Chilli flakes
- Cumin



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.





# MAKE YOUR OWN VINAIGRETTES



Here are some examples of vinaigrette recipes that can be added to salads and other foods.

## BASE VINAIGRETTE DRESSING

### INGREDIENTS:

- 100ml olive oil
- 50ml balsamic vinegar
- 1 teaspoon honey
- 1 shallot, finely chopped
- 1 clove garlic, finely chopped

### METHOD:

1. In a bowl, whisk together the olive oil, balsamic vinegar, honey, basil, shallot and garlic.
2. Pour over your favourite salad to serve.



## SMOKED PAPRIKA VINAIGRETTE

### INGREDIENTS:

- 100ml olive oil
- 50ml red wine vinegar
- 1/2 teaspoon honey
- 1/2 tablespoon lime juice
- 3/4 teaspoon ground black pepper
- 1 teaspoon smoked paprika
- 1 clove garlic, finely chopped
- 1/2 medium sized onion, finely chopped
- 1/4 teaspoon oregano
- 1 pinch white sugar

### METHOD:

1. In a bowl, mix together thoroughly the red wine vinegar, honey, lime juice, pepper, paprika, garlic, onion, oregano and sugar.
2. Drizzle the olive oil into the mixture while gently whisking.
3. Put the vinaigrette in the fridge to chill for at least 1 hour before serving.
4. Pour over your favourite salad to serve.



## BASIL VINAIGRETTE DRESSING

### INGREDIENTS:

- 100ml olive oil
- 50ml balsamic vinegar
- 1 teaspoon honey
- 3 tablespoons chopped fresh basil
- 1 shallot, finely chopped
- 1 clove garlic, finely chopped

### METHOD:

1. In a bowl, whisk together the olive oil, balsamic vinegar, honey, basil, shallot and garlic.
2. Pour over your favourite salad to serve.



Check out the 'How to add flavour to your meals for those with kidney disease' short film on [www.myrenalnutrition.com](http://www.myrenalnutrition.com) for more ideas.