

MARCH 2023



myrenalnutrition.com

NEWSLETTER

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**MY HINTS
AND TIPS FOR
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SPECIFIC
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**News, stories
hints & tips**

for children with kidney disease and their families



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My Renal Nutrition NEWSLETTER

Welcome to the third edition of the myrenalnutrition newsletter - a newsletter devised by Vitaflo™ for children with kidney disease and their family, with content written by individuals who have personal experiences of living with kidney disease as well as healthcare professionals who work alongside patients with this condition.

In this edition of the newsletter you will find information on following a low salt diet. There are hints and tips for following specific dietary advice written by an individual who has lived with kidney disease. You will also find a recipe idea and activity ideas and, as Spring is here, we have included information on how to make your own bee hive - give it a try!

If you have a story to share or even a great recipe idea, please let your dietitian know and we can be sure to include it in future newsletters.

Yours sincerely

The team at Vitaflo



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MY HINTS AND TIPS FOR FOLLOWING SPECIFIC DIETARY ADVICE FOR KIDNEY DISEASE

A patient's story

USING HERBS AND SPICES

RECIPE IDEA

Family Lasagne

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Keeping active indoors

MAKE YOUR OWN BEEHIVE



FOLLOWING A LOW SALT DIET

WRITTEN BY PEARL PUGH, PAEDIATRIC RENAL DIETITIAN, UK



SALT MATTERS

There are many benefits to reducing salt in our diet, especially for those with chronic kidney disease (CKD).

WHAT IS SALT?

Sodium is an essential nutrient which plays a vital role in regulating fluid balance and blood pressure.

WHY FOCUS ON SALT INTAKE?

Eating too much salt is not very good for our bodies as it can effect blood pressure and our hearts. Lowering our salt intake has great benefits and can make a significant difference to health.

WHAT HARM CAN IT DO?

A high salt diet is a risk factor for heart disease, and for those with CKD it can accelerate the decline in kidney function. Eating a lot of salt also makes it harder to control blood pressure (BP) and can cause the body to lose protein in the urine.

AT WHICH STAGE OF CHRONIC KIDNEY DISEASE (CKD) SHOULD SALT INTAKE BE REDUCED?

Start as you mean to go on! Reducing salt in the diet during the early stages of CKD (1-3) can reduce blood pressure, urine protein loss, and help to prevent decline in kidney function. But it's never too late to start. Whether you are at CKD stage 4 or 5, on dialysis, or post kidney transplant, reducing your salt intake will improve your management of CKD and promote heart and kidney health.

HOW DO I EAT LESS SALT?

With regular support and knowledge, it is possible to reduce salt intake. Staying motivated is the key. There are lots of practical steps to help you reduce salt intake:

- Reduce or avoid the addition of salt when cooking. To add flavour to your meals use fresh herbs and spices instead of salt. See pages 8 -11 in the newsletter for more details.
- Choose home-cooked meals where possible.
- Processed foods can contain a lot of salt, so try to reduce your intake of these.
- Include quality vegetables or plant-based foods with every meal e.g. whole grains, cereals, rice, pasta, fresh, frozen or canned vegetables and fruit, seeds and nuts.
- Plan for a home-cooked meat-free day each week.
- Check the salt content on food labels per 100g and choose foods with less than 1.0g of salt per 100g (green to amber on the card below).

Ask your dietitian for a food labelling card



HERE IS A LIST OF COMMONLY EATEN FOODS WHICH ARE HIGH IN SALT AND SOME IDEAS AND TIPS TO HELP YOU REDUCE YOUR SALT INTAKE

	Tomato ketchup and other sauces	Choose a lower salt brand.
	Sausages	Salt is used as a preservative and to boost flavour. Choose meat from grass-fed or organically raised animals. Try a low salt variety of sausages made with more meat and less additives.
	Sandwiches	Many of the ingredients, such as processed meats, cheese and butter contain a lot of salt. Choose unprocessed sandwich fillings such as grilled/roasted meats with lettuce, tomato, cucumber. Use a low salt butter.
	Pizza	Many of the ingredients, such as processed meats, cheese, sauce, and dough contain a lot of salt. Limit yourself to one slice, or make your own using wraps, baguette, or pitta pockets. Ask your dietitian for a copy of the Kidney Friendly Cookbook for further ideas.
	Crisps	Read food labels and choose a lower salt variety.
	Ham	Salt is used to flavour and cure the meat. Use wafer thin ham, and only have ham occasionally in small amounts. Cook extra meat for a roast dinner and use in packed lunch.
	Salad dressings	Salt is from the additives used to flavour the dressings. The best option is to make your own (see page 11 for some ideas).
	Processed cheese	Pre-sliced / individually wrapped cheese, and processed cheese spreads can be very high in salt. Instead, choose mozzarella or full-fat cream cheese.
	Canned vegetables	Canned vegetables are a great way of adding vitamins, minerals and fibre to your diet, but drain and rinse them for a couple of minutes to reduce the salt content. Alternatively, use fresh or frozen vegetables.
	Soups or stock cubes	Choose reduced salt varieties, or even better make your own soup with leftover vegetables and a low-salt stock cube.
	Baked beans	Choose a lower salt variety.
	Frozen meals	Many varieties can be high in salt. Compare labels to choose a brand that contains less. Better still, make your own meals using fresh ingredients.
	Hot dogs	Keep to an occasional treat, or use a lower salt sausage variety.
	Breads and bagels	Choose smaller portions, and opt for wholegrain varieties.
	Breakfast cereals	Own brand varieties tend to add less salt. Choose wholegrain varieties such as wheat biscuits or oats.
	Canned meats and seafood	Canned meats or fish such as corned beef or sardines are high in salt. Buy fresh or limit your portion size.
	Packet rice/noodle/pasta meals	Packet pasta, rice and noodles which come with a powdered flavouring tend to be high in salt. Opt instead for a home-made stir-fry with fresh meat and frozen vegetables.

AIM TO MAKE SMALL STEPS TOWARDS CHOOSING A LOWER SALT DIET.

MY HINTS AND TIPS

for following specific dietary advice for kidney disease

by Aphria



Aphria was diagnosed with congenital nephrotic syndrome at one year of age. Congenital nephrotic syndrome is a kidney condition that begins in infancy and typically leads to irreversible kidney failure by early childhood. Both her kidneys were removed at 18 months old, and she was on dialysis until receiving a kidney from her dad. The kidney began failing when she was 17 years old, and after being on dialysis again, Aphria has just received her second successful kidney transplant. Here Aphria shares her experiences and tips for following specific dietary advice for kidney disease.

The dietary restrictions that often come with kidney disease can often seem overwhelming and all-consuming, particularly when prior to having kidney disease, you may have had little thought about what you eat and drink.

Trying to manage your diet and fluid intake whilst potentially feeling unwell certainly does not make things easier.

The dietary changes you may have to make include limiting your fluid intake and reducing your intake of salt, potassium and / or phosphate whilst trying to consume enough calories. At first, it really can seem like a lot and it can take control of your life very quickly, however, as time goes on and you learn more about the dietary changes, any change can seem like second nature over time.

MY TOP TIPS MAY HOPEFULLY MAKE THE DIETARY ADJUSTMENT SEEM THAT BIT MORE MANAGEABLE, SO YOU CAN CONTINUE TO ENJOY LIFE AND SOCIALISE.

TIP 1.

Being mindful of what you eat and view mealtimes as a chance to relax and socialise with friends and family and not only to focus on the food.



TIP 2.

Managing cravings - instead of denying yourself what you are craving, have a small amount or try to not have these things in your cupboards at home or in your bag.



TIP 3.

Meal plan, or, if you don't have the energy (as this can sometimes be time consuming) make sure you have snack options that will fill you up but not be at the detriment of your dietary restrictions.



TIP 4.

High salt foods can increase your thirst which is very unhelpful if you have to follow a fluid restriction. Making home made meals from fresh ingredients will reduce your intake of salt and may help your thirst.



TIP 5.

If you have been advised to follow a fluid restriction, use a small mug and cup and spread out your fluid through the day.



TIP 6.

Use a teaspoon or less when adding additional ingredients to recipes.



TIP 7.

If you are struggling with your appetite, try to eat little and often and don't put pressure on yourself to eat full 'meals'.



TIP 8.

Your healthcare team are there to help you so if you ever feel you need something explained in a different way or if you need to chat through any queries about your treatment or diet, please reach out to them. Your healthcare team want to help you.

Please speak to your dietitian or doctor about your diet and which changes you should make as everyone's needs are different.

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.

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

MODERATE IN POTASSIUM

Use half a teaspoon in a meal to serve 4 people

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

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.

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.

SMOKED PAPRIKA VINAIGRETTE

INGREDIENTS:

100ml olive oil
50ml red wine vinegar
½ teaspoon honey
½ tablespoon lime juice
¾ teaspoon ground black pepper
1 teaspoon smoked paprika
1 clove garlic, finely chopped
½ medium sized onion, finely chopped
¼ 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.

Family Lasagne

Serves
4

Ingredients

Meat sauce

200g minced beef
60g onion, chopped
2 garlic cloves, finely sliced
150ml tinned chopped tomatoes
300ml water
½ tsp low salt stock powder (½ cube)
Pinch each of cinnamon, oregano and basil

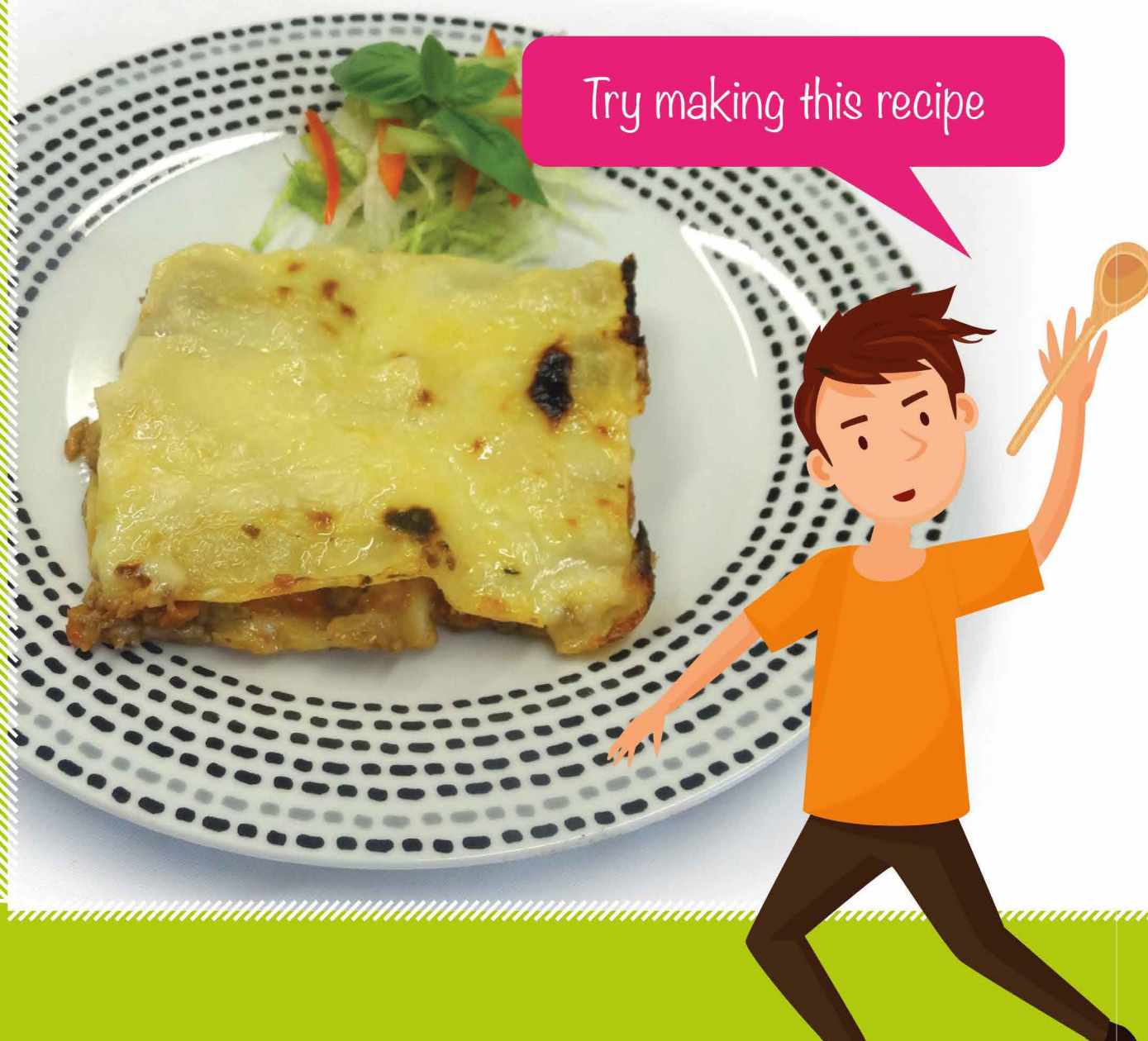
Creamy sauce

25g unsalted butter
40g plain flour
50g strong cheddar cheese
250ml renal milk substitute
Pinch nutmeg
1 tbsp. Olive oil
6-8 sheets of dried lasagne

Method

1. Preheat the oven to 180°C/160°C Fan/350°F/Gas 4.
2. Heat the oil and fry the onions and garlic until soft, then add the meat and cook until browned.
3. Add the tomatoes, water, stock powder, herbs and spices, and simmer over a low heat until most of the liquid has evaporated.
4. In a separate saucepan, melt the butter. Once melted add the flour and whisk together to make a smooth paste.
5. Slowly add the renal milk substitute to the paste, whisking constantly, then add the nutmeg and 35g of the cheese.
6. Oil an oven-proof dish and add a layer of the meat mix to the bottom, followed by a layer of pasta sheets. Cover these with some of the cheesy sauce. Repeat this process until you have used up all of the meat mixture.
7. Finish with a final layer of the cheesy sauce then cover with foil and bake at 180°C/160°C Fan/350°F/Gas 4 for 30 minutes.
8. Remove from the oven after 30 minutes, remove the foil and grate the remaining cheese over the top. Then return to the oven for a further 10-15 minutes and serve.

Try making this recipe



This recipe is taken from the Kidney Friendly Cookbook produced by dietitians and Dietetic Support Workers at a Paediatric Renal Unit in the UK. Please check with your dietitian or Doctor that this recipe is suitable for you.

INDOOR ACTIVITIES AND GAMES

Being active is important for your health and therefore we have come up with a few more ideas to help you stay active and have fun if you are at home.

(CHORES DON'T HAVE TO BE A DRAG! TURN THEM INTO RACES!)

PRETEND!



Pretend to be your favourite animal, a super hero, an astronaut or pilot for the day. Ask your parents or guardian to help you make a costume.

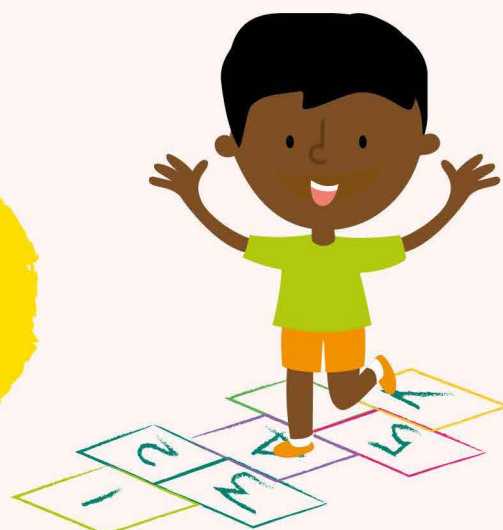
KEEP DANCING!

Turn up the music and just move your body!

Here's a fun idea: spell out the letters in your name with your body!



OBSTACLE COURSE



Make an obstacle course or a hopscotch board (with your parents or guardians permission of course!) Make sure the area is clear so there are no risks of trips or falls.

VACUUM RACES

You and a sibling can see how fast you can do a set amount of vacuuming by timing it.



TASK RACES



You and your sibling could each pick a different task that takes about the same amount of time. See who can get their task finished first. Rewards can be things like getting to pick the family movie that night, getting to choose what you have for dinner or the first chance to use a shared toy (like a video game console).

MINDFULNESS



It is important to make sure we are looking after our mental health as well as our physical health. One tool which can help with this is something called "mindfulness". Mindfulness allows you to focus on the here and now, to take a break and just be. This in turn can help you feel relaxed. It may even help your attention on other things like your school work.

Here is a short mindfulness exercise you could try:

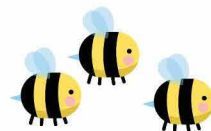
- 1) Sit in a comfortable place. Gently shut your eyes.
- 2) Breathe in counting to 5. Breathe out counting to 5.
- 3) Pay attention to your breath as it goes in and out.
Notice how your belly or chest moves as your breath goes in and out.
- 4) Think about a word that makes you happy. This could be a favourite thing or a pet or even the name of a feeling like "happy" or "calm".
- 5) If your mind starts to think about other things, don't worry, just bring your attention back to the word or your breath.
- 6) Do this for 1-2 minutes to start. As you get used to practicing this mindfulness exercise, you may want to increase this to 5 minutes.

MAKE YOUR OWN BEEHIVE

YOU WILL NEED:

- TIN CAN ✓
- TOILET ROLL INNER ✓
- SHEETS OF SCRAP PAPER ✓
- STRING OR RIBBON ✓
- SCISSORS ✓
- PENCIL OR CRAYONS ✓
- RULER ✓
- GLUE ✓
- TWIGS FROM OUTSIDE ✓

Encourage bees to visit your garden with a homemade beehive; easy and fun to make and loved by bees! Follow these simple step-by-step instructions and watch the bees enjoy their new home!



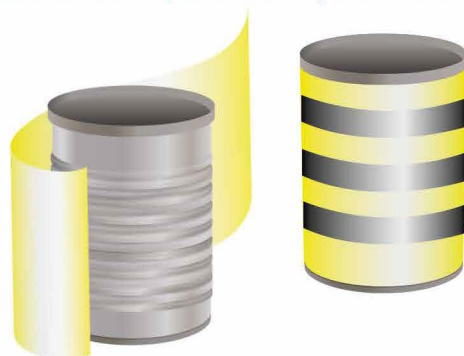
STEP 1.

Get a tin can, remove the lid and clean and dry it. Ask an adult to help you with this.



STEP 2.

Decorate the tin can by wrapping colourful paper around it. If you don't have patterned paper, try decorating the paper with colourful pens and crayons or ribbon.

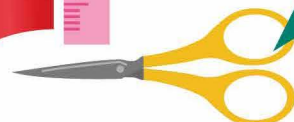


STEP 3.

For the holes which your bee will fly into, you will need scrap pieces of paper. Make sure each piece of scrap paper is a bit shorter than the tin can when you hold them up horizontally. Cut them to size with the scissors if needed.

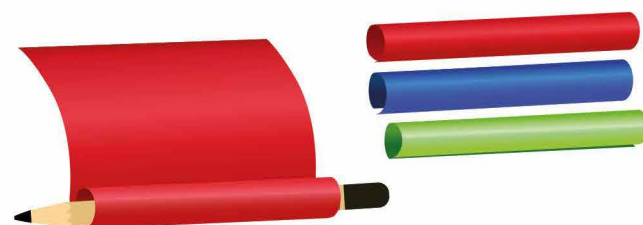


IMPORTANT: You MUST check with a parent or guardian before using scissors.



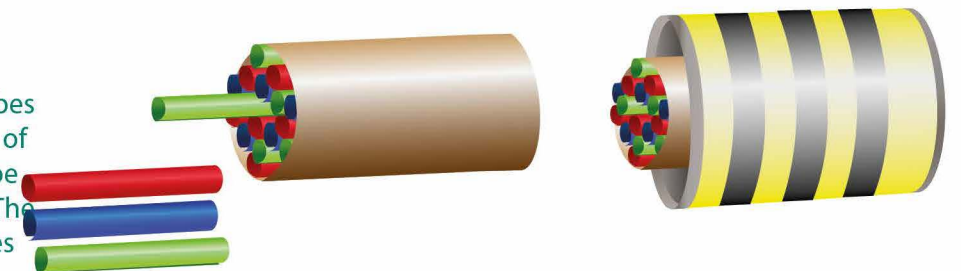
STEP 4.

Use the pencil to roll a piece of scrap paper. Make sure to roll it five or six times so the tube you're creating is quite thick. Once you're done rolling the paper, tape it and wiggle it gently off the pencil. Repeat this until you have about 30 thin tubes.



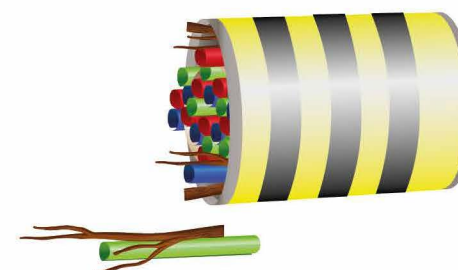
STEP 5.

Start adding your colourful thin tubes in the toilet roll. Cover the bottom of the can with glue and stick the tube filled toilet paper roll into the can. The roll will help keep the thinner tubes you made stay snug in the can.



STEP 6.

Fill the left over space with your thin paper rolls and collected twigs. The added twigs make your hive look more natural! Make sure the tubes don't get squished, otherwise the bees won't be able to fit inside!



STEP 7.

Carefully tie two pieces of string (or ribbon) around the finished can, one near the top and one near the bottom. Make sure the string is long enough to tie to a tree branch.



STEP 8.

Now it's time to hang the new bee home! Choose a tree in a sunny location and check the beehive a few times a week to see if anyone has moved in!

NOTE: Remember that bee's can sting when they are disturbed so be careful around the hive and don't move or touch it once the bees have made it their home.



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