



myrenalnutrition.com

SPECIAL EDITION NEWSLETTER

A focus on tasty recipes for
children with kidney disease

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LUNCH AND SNACK IDEAS

for those with kidney disease

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FUN ACTIVITY

News, stories
hints & tips

for children with kidney disease and their families



My Renal Nutrition NEWSLETTER

Welcome to the eighth edition of the My Renal Nutrition 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.

This edition of the newsletter focuses on how to create tasty recipes and meal ideas. We have also included information regarding shopping on a budget and a fun activity idea.

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



WHAT'S INSIDE...

LUNCH AND SNACK IDEAS

for those with kidney disease

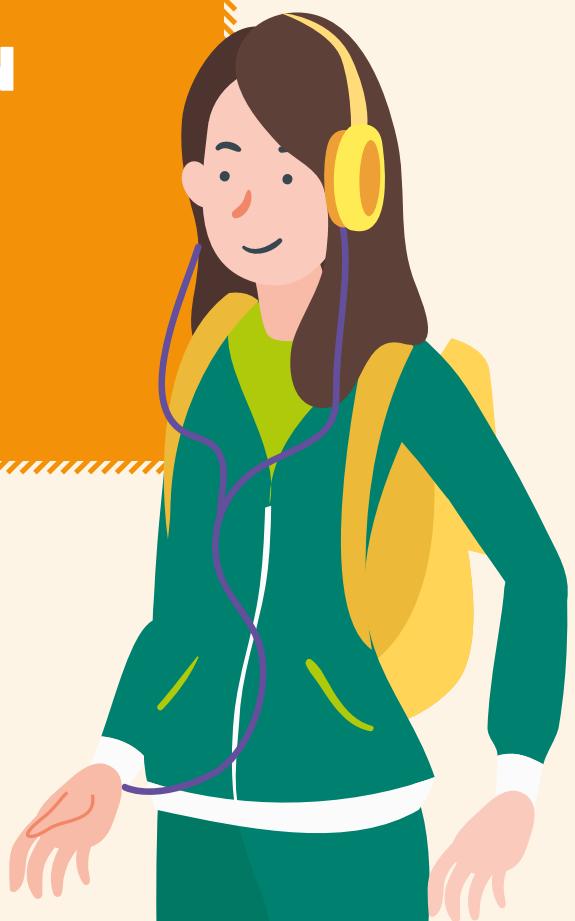
KEY TIPS FOR ADAPTING MEALS

a patients story

VITAFLO'S CHEF NEIL'S TIP TIPS

SHOPPING ON A BUDGET

MAKE A FRIENDSHIP BRACELET



TASTY MEAL IDEAS

Meals may need a little more thought and planning when you are following a kidney friendly diet. However it is still possible to have lovely meals that you can enjoy with your family and friends. Here are some suggestions to get you started.



IDEAS

PASTA OR NOODLES



START WITH: any kind of pasta: spaghetti, spirals, orzo, etc.

ADD A SAUCE: butter, garlic, herbs, oil, small amounts of marinara or cream sauces.

ADD MORE: add fresh, cooked meat or fish and some lower potassium vegetables such as runner beans, beansprouts and carrots.

EXAMPLE IDEA: Spiral pasta with fresh, cooked chicken and peas in a cream based sauce.

RICE OR COUS COUS



START WITH: any kind of rice: long grain, wild rice, pilau rice, basmati rice and risotto. Couscous can also be used.

ADD: fresh, cooked meat or fish.

ADD MORE: add some lower potassium vegetables.

EXAMPLE IDEA: Wild rice with beef, carrots and broccoli.

SALADS



START WITH: mixed lettuce.

ADD VEGGIES: chopped green peppers, cucumber and a small amount of onion.

ADD MORE: cream cheese, tuna, cottage cheese.

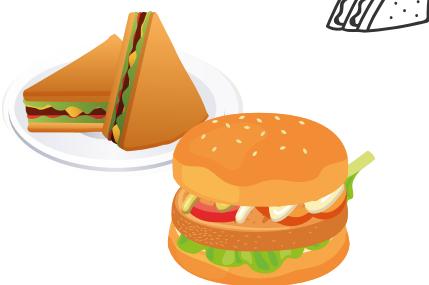
ADD: a low salt dressing, mayonnaise, salad cream or olive oil. You can also add croutons for added crunch!

EXAMPLE IDEA: Mixed greens with an oil and vinegar dressing, chopped, grilled chicken, sprinkling of sweetcorn, and sliced apple.





SANDWICHES



START WITH: your bread; consider different types such as wholemeal or granary bread, pitta, tortilla, sourdough, bun etc

ADD FRESH, COOKED MEAT: such as chicken, pulled pork, or a beefburger. You could try a bean burger if you prefer to have a meat-free option.

ADD MORE: mustard, mayonnaise, relish.

ADD LOW POTASSIUM VEGETABLES: cucumber, peppers, sweetcorn, lettuce or grated carrot.

EXAMPLE IDEA: Grilled chicken sandwich on a sourdough bun with lettuce and mustard

WANT TO ADD A SIDE DISH?



TRY LOWER POTASSIUM VEGETABLES: sliced carrots, asparagus, or a green side salad.

TRY LOWER POTASSIUM FRUIT SUCH AS: grapes, strawberries, canned fruit in syrup such as peaches or pears, apple slices, etc.

TRY: unsalted tortilla chips, breadsticks, unsalted rice cakes, corn cakes, pitta wedges.



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.



KEY TIPS FOR ADAPTING MEALS SO THAT THEY ARE KIDNEY FRIENDLY

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.

Adapting food habits can be overwhelming at times, particularly when it comes hand in hand with health changes. However, making a few adaptions can make it easier to juggle all the potential unknowns that come with chronic kidney disease (CKD). Here are some ideas that really helped me:

FOOD PREPARATION

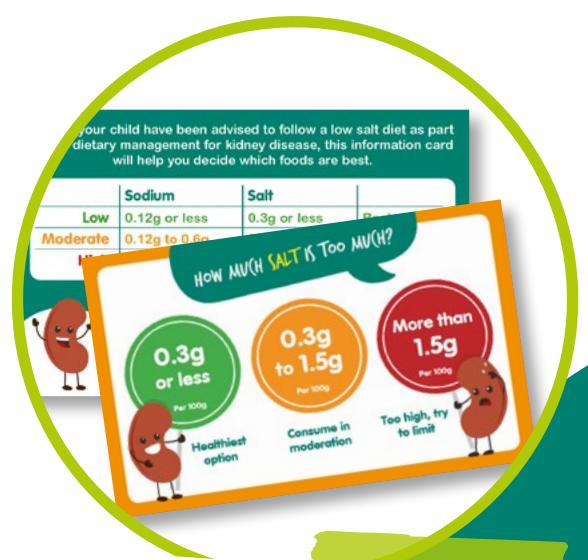
Food preparation can help with your food intake, especially if you have days when you're not feeling well. Plan and prepare foods on your 'well days' e.g. batch cook and freeze, so you are always have a kidney friendly meal ready even when you're not feeling well.

EATING LITTLE AND OFTEN

Having snacks and eating little and often can help with variable appetites, particularly on days when you don't feel as hungry. For example, try pitta, humous and suitable vegetables, rice cakes etc. This approach can also help to alleviate pressure on food planning and preparation on days when you are not feeling very well.

PICNIC STYLE APPROACH TO MEALS

This means having little portions of what you fancy so you don't feel like you're missing out, whilst still managing any cravings you may have. This also helps minimise any food boredom that may arise.

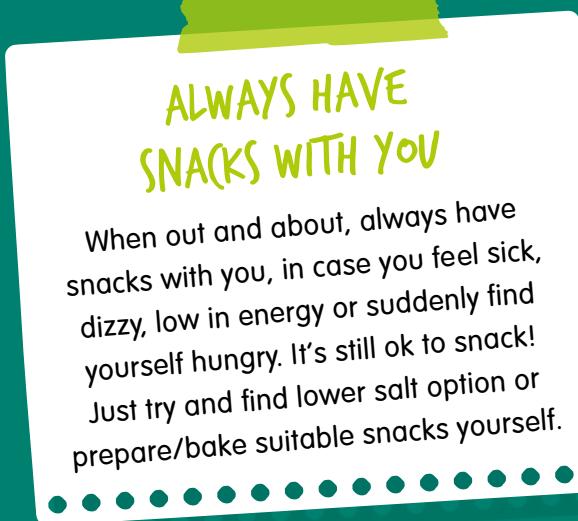


FLAVOUR Foods

Cooking foods in different ways and seasoning them with herbs and spices instead of salt is key to providing variety and flavour.

CHECKING Food LABELS

Check food labels to ensure you are choosing foods which are low in salt. I used the food labelling card shown above - carry it with you in your purse or wallet so you can easily know which foods are high in salt and need to be avoided.



Although these suggestions may seem minor they can make a big difference when implemented regularly. When adapting to your kidney disease, you will also learn how your body responds to different food and fluid intake, helping you personalise what works best for you and your health!



CHEF NEIL'S TOP TIPS

for making tasty meals when you have kidney disease



Chef Neil is a medical chef at Vitaflo (International) Ltd. Neil helps teach patients with kidney disease how to adapt meals to make them lower in salt, potassium and phosphate, whilst still keeping them tasty and full of flavour.

LIMIT YOUR SALT INTAKE

You will need to limit your salt intake when you have kidney disease. But this doesn't mean your meals have to taste bland. Instead of using salt, flavour your meals using fresh herbs and spices.



TAKE A LOOK AT THE INGREDIENTS IN YOUR FAVOURITE MEAL

Can you swap any of them with more 'kidney friendly' ingredients?

For example, use low salt stock cubes instead of standard varieties, make your own homemade tomato Bolognese sauce instead of using varieties in jars, grate cheese rather than cutting cubes or slices – by grating it, you will use much less.



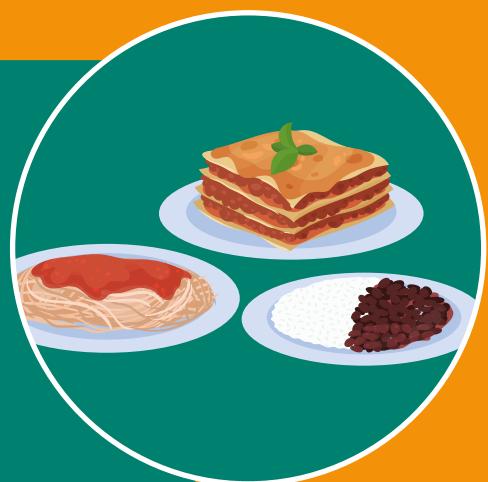
LEARN To COOK!

Learning to cook is a great skill and once you have the basics you can really make most recipes! For example, learn how to make a white sauce and tomato sauce – from this, you can make lasagne, mousakka, pasta dishes etc.

MAKE THE MOST OF YOUR COOKING!

A few ingredients can easily be turned into several dishes. For example, beef mince, tomatoes, herbs and pasta, rice or potatoes can easily be turned into Spaghetti Bolognese, lasagne, chilli con carne, shepherd's pie, mousakka, curries etc.

You can batch cook and freeze what you don't use that day for future meals.



ENJOY YOUR COOKING!

Try to all sit at a table and have your meals together as a family without distractions. Be proud of what you have learnt to cook and enjoy your meals and snacks. Mealtimes are so much more than just the food you eat, they are times to chat with your family and reflect on the day.



FOOD SHOPPING ON A BUDGET

for those with kidney disease

With the ever-increasing cost of living and trying to choose foods which are suitable, shopping for those with kidney disease can be a challenge.

Here are some top tips for shopping on a budget.

HINTS & TIPS

 **Plan weekly meals** and ensure your grocery list includes all the ingredients and food items that you want to have in those meals.

 **There's no need to buy organic or speciality products.** These foods offer few advantages for the cost.

 **Try buying fruits and vegetables which are in season** (lower potassium ones if you have been advised to do this by your Dietitian or Doctor).

 **Know which fruits and vegetables spoil first** – and eat these first. Store produce so that it won't spoil as quickly.

 **Use shopping advertisements** for the stores you visit to help you purchase items that are on sale that week.

 **Buy supermarket 'own label' foods;** they are usually less expensive than branded foods.

 **Save leftovers for another meal.** If needed, freeze them in single serving containers for a day when you don't feel like cooking. Ensure you follow all food safety guidance with regards to freezing and reheating food.

 **Keep a stock of certain foods in your kitchen** that you might use regularly such as pasta, beans, and canned fruits and vegetables. Remember to avoid those in salted water.

 **Look for suitable recipes online** using key words like "inexpensive recipes" or "food on a budget" when looking for meal ideas.

 **Try making meals with plant based ingredients;** grains, vegetables and beans are usually cheaper than meat and fish and can help increase the fibre in your diet.



Choosing fruits and vegetables which are in season can be cost effective. We have listed here various fruits and vegetables and when they are available throughout the year.

Some fruits and vegetables are higher in potassium than others and may need to be limited in your diet if you have been advised to follow a low potassium diet. Please speak to your dietitian or doctor regarding which foods are suitable for you as everyone's needs are different.

● High potassium

● Moderate potassium

● Lower potassium

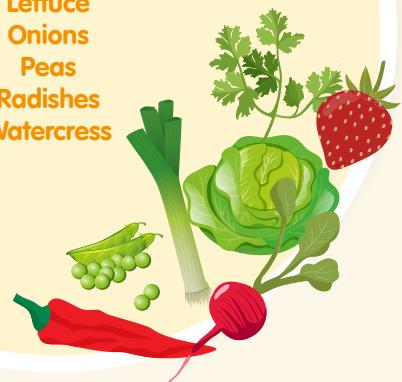
SPRING

FRUITS & VEGETABLES

Artichoke
Asparagus
Marrow
Mushrooms
Parsnips
Rhubarb
Spring Onions
Strawberries

Aubergine
Beetroot
Cabbage
Leeks
Lettuce
Onions
Peas
Radishes
Watercress

Green Peppers
Rocket



SUMMER

FRUITS & VEGETABLES

Apricot
Broad Beans
Fennel
French Beans
Kohlrabi
Mangetout
Marrow
Nectarine
Parsnips
Peach
Plums
Rhubarb
Spring Onions
Summer Squash
Tomatoes

Asparagus
Aubergine
Beetroot
Broccoli
Carrots
Cauliflower
Cherries
Courgettes
Cucumbers
Lettuce
Onions
Peas

Garlic
Rocket
Runner Beans
Green Peppers

Red/Yellow Peppers
Radishes
Turnips
Watercress



AUTUMN

FRUITS & VEGETABLES

Brussels
Mangetout
Marrow
Parsnips
Plums
Rhubarb
Spring Onions
Squash
Tomatoes

Apples
Aubergine
Beetroot
Blackberries
Broccoli
Butternut Squash
Cabbage
Carrots
Cauliflower
Courgettes
Cucumbers
Lettuce
Onions
Pears
Peas

Garlic
Rocket
Runner Beans
Green Peppers

Red/Yellow Peppers
Radishes
Swede
Sweet Corn
Turnips
Watercress



WINTER

FRUITS & VEGETABLES

Artichokes
Brussels Sprouts
Mushrooms
Parsnips

Apples
Beetroot
Cabbage
Carrots
Cranberries
Greens
Kale
Leeks
Onions
Pears

Celery



Always check with your dietitian regarding which foods you can have and which foods you should limit in your diet.

MAKE A FRIENDSHIP BRACELET

YOU'LL NEED:
MEASURING TAPE ✓
SCISSORS ✓
TAPE ✓
WOOL OR THREAD ✓

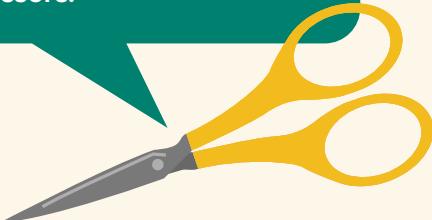
Friendship bracelets have been made for hundreds of years and there are lots of patterns to choose from or you can invent your own. They are made by making knots in a certain order, usually with different colours, and repeating the process. Learn how to make this cool friendship bracelet and give it to your best friend!



STEP 1.

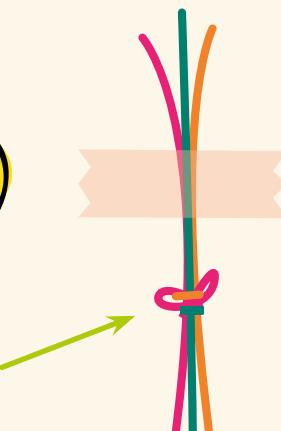
IMPORTANT: You MUST check with a parent or guardian before using scissors.

Choose 3 different coloured wools or threads. Measure your wrist and triple this length. Cut the three strands of wool or thread to this measurement.



STEP 2.

KNOT



Take all 3 strands and tie a knot. Leave about 4 cm at the top. Tape the 4 cm section to a flat surface while you are working.

STEP 3.

You are now ready to plait your bracelet. Separate the strands into left, middle, and right. Take the left strand (in this example pink) and cross it over the middle strand (green).



STEP 4.

YOU'RE A QUARTER
OF THE WAY THERE

Repeat this process crossing
the left strands over the
middle strand and the right
over middle until you've
reached the length you
require to fit your wrist.



STEP 5.

Tie a knot in all three strands to finish your bracelet and to stop it unravelling. Leave some left over wool or thread to tie the bracelet on your wrist.

KNOT

SHARE WITH
YOUR FRIENDS.



Vitaflo (International) Ltd is a clinical nutrition company who specialise in developing products and resources for those with kidney disease. The information in this newsletter is for general information only and must not be used as a substitute for professional medical advice or treatment. Your dietitian and doctor will provide you with advice with regards to the management of your condition and it is important that you follow the advice that they provide.



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