

Everyday Eating

Tasty recipes and helpful hints for kidney patients by kidney patients



“Most of all I attribute my relative good health and fitness to eating well (despite the limitations) and never missing meals. It just makes dialysis harder if you are empty inside.”

New Cross Dialysis patient

“Your body gets used to the diet and I’m much better for it.”

Forest Hill Dialysis patient

“I try to vary my diet with meat, fish and vegetables.”

Peritoneal Dialysis patient

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Introduction

People who have kidney disease usually need to follow a restricted diet to help control their blood chemical and fluid levels. This can make it feel difficult to find tasty everyday meals and recipes for you and your family. This book helps to get the balance right between enjoying your food and making the necessary changes to your diet.

This user-friendly recipe book was written following requests from our kidney patients for more practical advice (including easy recipes and meal ideas) about the food they could eat. A competition was held asking patients to send in their own favourite recipes, meal ideas and tips for fluid control. Where necessary the recipes were adapted by renal (kidney) dietitians, to ensure they are suitable in terms of salt, potassium, phosphate and fluid content.

The book contains recipes to suit African, Caribbean and Asian tastes as well as some British favourites. The wide range of recipes gives you the opportunity to try a familiar dish and perhaps something new.

Most of the recipes are quick and easy to prepare with ingredients that are readily available and not too expensive. Suitable serving suggestions are given for most of the recipes. There is a practical information section which includes snack and meal ideas, hints and tips for eating out and ideas on how to create tasty dishes without salt.

Patients tell us that the hardest part of their renal diet is the limited amount of fluid they can have each day. We have included a section of patients' own practical hints and tips on how they manage their fluid intake. Some of their tips may work for you!

We hope you find this book, which has been written 'for patients by patients', a useful guide and that you enjoy both creating and eating these tasty dishes.

Acknowledgements

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We are grateful to all of the patients and staff who have contributed to this book. Where their permission was given, patients have been acknowledged individually for the recipes and practical information they provided.

We would also like to thank Guy's Kidney Patients Association for helping to fund and distribute this book.

Finally, thank you to Elliot Franks for the photography.

Note for using this book

All of the recipes in this book, cooked using the stated quantities of ingredients, cooking methods and serving sizes are suitable for low salt, phosphate and potassium diets.

However, everyone's diet is individual and you will have your own specific dietary requirements. If you have any queries, please ask your dietitian.

Photographs are for illustrative purposes and should not be used as portion size guides.

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Tuna Mayonnaise Pasta Salad

Roy Anderson

This is a great quick colourful recipe that can easily be halved for a snack meal.

Serves 1 as a main meal

Ingredients

90g/3oz pasta shells

1 x 200g/8oz can of tuna in spring-water

2 spring onions, chopped

2 tablespoons reduced fat mayonnaise

2 tablespoons canned sweetcorn in water

1 medium tomato, diced

Handful parsley or coriander, chopped

Black or white pepper

Method

Cook the pasta following the instructions on the packet. Drain and put into a large bowl.

Drain the tuna and add to the pasta together with the spring onions, parsley and sweetcorn.

Add the mayonnaise and stir until everything is coated.

Season with pepper.

Garnish with the tomato and some extra parsley and serve.





Salmon Salad

Pembury Dialysis Unit patient

This is a tasty salad dish that can easily be doubled for more people. The salmon could be swapped for tuna in spring water if you prefer.

Serves 1, but easily doubled

Ingredients

Small tin of salmon, bones removed

4 lettuce leaves e.g. little gem or round lettuce

1 spring onion

1/4 bag / 1 handful of watercress

2 slices of beetroot

3 rings of red pepper

3 new potatoes

1 small or 3 cherry tomatoes

1 tablespoon of coleslaw

Method

Halve the potatoes and boil in plenty of water until soft. Drain.

Cut the salad ingredients into small pieces and toss together.

Arrange the salad and potatoes on a plate.

Place the coleslaw and salmon in the middle of the plate and serve.

Patties and Pasties

These can be frozen and reheated to make a quick snack. Pastry is high in fat so keep this recipe for an occasional treat if you are watching your weight.

Jamaican Beef Patties

Serves 6

 Suitable for freezing

Ingredients

200g/8oz lean minced beef

1 small onion, finely chopped

1 clove garlic, crushed

1/2 teaspoon dried thyme

1 fresh chilli, minced or 1 teaspoon chilli powder

1 tablespoon curry powder

Breadcrumbs made from 2 slices of bread or 4 tablespoons of bought breadcrumbs

1 packet (500g/1lb) short crust pastry

Method

Preheat the oven to 200°C/400°F/
Gas Mark 6.

Fry the mince, garlic and onion in a non-stick frying pan, over a gentle heat, until the meat is brown throughout. Add the breadcrumbs and seasoning and cook covered, over a low heat for 15 minutes. Drain through a colander or sieve to remove any excess liquid.

Roll out the pastry and using a saucer cut 6 circles.

Divide the meat between the circles of pastry. Dampen the edges of the pastry, fold in half and press the edges together to seal. Place on a baking tray and brush with milk.

Bake for 25-30 minutes in the centre of oven, or until golden brown.

Meat Pasties

Home Haemodialysis patient

Serves 6

 Suitable for freezing

Ingredients

1 packet (500g/1lb) short crust pastry

200g/8oz minced beef (low fat if possible)

1 medium or 2 small (100g) potatoes

1 medium carrot

1 small onion

White or black pepper

Dried herbs (optional)

Method

Preheat the oven to 200°C / 400°F / Gas Mark 6.

Brown the meat in a non-stick saucepan. Add water to half cover the meat and simmer for 15 minutes. Drain the meat to remove excess liquid.

Boil the potato, carrot and onion for 10 minutes, drain well and cut into small pieces. Stir into the mince. Taste the meat and season as required with pepper and herbs.

Roll out the pastry and using a saucer cut 6 circles.

Divide the meat between the rounds of pastry. Dampen the edges of the pastry, fold in half and press the edges together to seal. Place on a baking tray and brush with milk.

Bake for 25-30 minutes in the centre of oven.



Salad a la McQueen

Cyrilla McQueen

This is a quick and easy recipe by Cyrilla, a renal patient. The garlic, onion and lemon juice provide plenty of flavour without the need for salt.

Serves 2, but is easily doubled

Ingredients

4 skinless chicken thighs

2 handfuls of bean sprouts

1 medium carrot

1 clove garlic, crushed

1/2 small onion

1 tablespoon olive oil

1 teaspoon lemon or lime juice

200g tin black eyed beans in water, rinsed and drained

White or black pepper

Method

Put the chicken thighs in a small pan and cover with water. Bring to the boil and simmer for 10-15 minutes. Drain and when cool, remove the meat from the bones and cut into small pieces.

Peel the carrot and cut into matchstick size strips. Finely slice the onion.

In a large bowl, mix together the bean sprouts, carrot, onion, garlic and beans. Add the lemon juice and olive oil and mix to coat the vegetables.

Add the chicken and mix again.

Season with black pepper.

Serve with toasted pitta bread.





Chicken Tikka

This is a quick, fragrant recipe and any leftovers make a great sandwich filling. Using only a small amount of yoghurt means this recipe is ideal for a renal diet.

Serves 2 as a main meal or 4 as a snack meal

Ingredients

3 tablespoons of low fat natural yoghurt

1 tablespoon curry paste

1 teaspoon lemon juice

2 small boneless chicken breasts, skin removed

Method

Stir the curry paste into the yoghurt. Place the chicken in a shallow dish and add the lemon juice and curried yoghurt.

Leave for 1 hour, or overnight in the fridge if you have time, to allow the flavours to infuse.

Cook the coated chicken under a preheated grill for about 20 minutes or until the juices run clear when pierced with a knife.

Serve in a tortilla wrap with some shredded lettuce for a snack meal or serve with boiled rice and side salad for a main meal.

Chicken and Pesto Pasta

This is a quick and easy pasta recipe that can be enjoyed hot as a main meal or cold as a snack.

Serves 2

Ingredients

2 small skinless chicken breasts or 200g/8oz strips of chicken breast

4 tablespoons low fat crème fraiche or low fat cream

1/2 small head of broccoli, cut into small florets

2 tablespoons green pesto

150g/6oz dried pasta twirls

Method

Cut the chicken into 1 cm thick strips. Stir-fry in a non-stick pan for 2-3 minutes until the chicken begins to brown. Add the pesto and crème fraiche and cover. Cook on a low heat for 5-10 minutes more until the chicken is cooked through.

Meanwhile, cook the pasta according to the directions on the packet, adding the broccoli for the last 5 minutes of cooking.

Drain the pasta and broccoli well and mix with the cooked chicken and pesto. Serve.





Chicken with Orange and Ginger

This is a quick and easy dinner dish, which can be prepared in advance and refrigerated until you are ready to cook.

Serves 4

Ingredients

4 skinless chicken breasts or legs

1 tablespoon mustard

1 tablespoon honey

3 tablespoons orange juice

Grated rind of 1 orange

2 teaspoons ground ginger powder

Method

Preheat oven to 190°C/375°F/Gas Mark 5.

Make 3 cuts/scores across each chicken piece and place in a roasting tin or casserole dish.

Mix the mustard, honey, orange juice, orange zest and ground ginger together and spoon over the chicken.

Cook in the pre-heated oven for 25-30 minutes, or until thoroughly cooked.

Serve with boiled new potatoes, rice or crusty bread and a boiled vegetable of your choice.

Jamaican Chicken Soup

This is a nutritious traditional one-pot Caribbean dish with great flavours. The amounts of some of the ingredients and the method have been adapted from the traditional recipe to make it suitable for a renal diet.

Serves 6

 Suitable for freezing

Ingredients

900g/2lb of skinless chicken pieces

e.g. thighs, drumsticks

200g/8oz piece of pumpkin, skin and seeds removed, cut into chunks

1 clove garlic (optional)

250g of taro/dasheen or potato, peeled and cut into chunks

2 medium carrots, peeled and sliced

300g/10oz piece yellow yam, peeled and cut into chunks

6 spring onions, peeled and sliced

1 sprig of fresh thyme

1 whole scotch bonnet chilli pepper or 1 tsp chilli powder

1 reduced-salt chicken stock cube

For the dumplings

200g/8oz plain flour

½ cup cold water

Method

First make the dumplings. Place the flour into a large mixing bowl and add the water 3 teaspoons at a time. Add just enough water to bring the dough together with a firm consistency. Tear off 'golf-ball-size' pieces, roll them in the palm of your hand until smooth and then flatten to discs.

To make the soup, wash the chicken pieces and place in a large cooking pot.

Chop the pumpkin, crush the garlic, if using, and add to the pot.

Cover with water and bring to the boil.

Cover, reduce the heat and cook for 20-30 minutes, until the pumpkin is soft.

Meanwhile, place the taro/dasheen/potato, carrots and yam into a large pan of cold water. Bring to the boil and cook for 15 minutes. Drain and discard the water.

Add the cooked vegetables, spring onions, thyme, chilli pepper, stock cube and the dumplings to the chicken and cook for a further 30 minutes.

Remove the scotch bonnet pepper and discard before serving.





Chicken and Groundnut Stew

This is a traditional West African dish with great flavours. The amounts of some of the ingredients and the cooking method have been adapted from the traditional recipe to make it suitable for a renal diet.

Serves 4

Ingredients

2 cups (about 20 pods or 200g/8oz) fresh okra, sliced

1 whole chicken, cut into pieces and skinned

1 inch (3cm) piece of ginger, peeled

½ onion

1 tablespoon vegetable oil

1 medium onion finely chopped

2 medium tomatoes, chopped (160g)

2 tablespoons peanut butter

2 hot chillies, finely chopped, or 1 teaspoon cayenne pepper

1 medium size eggplant (aubergine), peeled and cubed

Method

Soak the okra and eggplant for 1-2 hours in a large bowl of water. Drain.

Boil the chicken pieces with ginger and the onion half, in 2 cups of water.

In a separate large pot, heat the oil over a low heat and fry the chopped onion until soft. Add the tomatoes.

Remove the partially-cooked chicken pieces and add, together with about half of the broth, into the large pot.

Add the peanut butter, salt, chillies and cayenne pepper. Cook for 5 minutes before stirring in the drained eggplant and okra.

Continue cooking until the chicken and vegetables are tender.

Add more broth as needed to maintain a thick, stew consistency.

Serve with rice bread, or dumplings made from wheat or corn flour.

Mince with Basil

Cyrilla McQueen

This is a quick and easy mince recipe which relies on garlic and herbs for flavour. This is a good recipe for making extra portions and freezing for a later date. For variety, try turkey, pork or soya mince in place of the beef.

Serves 4

 Suitable for freezing

Ingredients

500g/1lb minced beef (low fat if possible)

1 clove garlic clove, crushed

1 chilli, finely chopped (optional)

1 medium onion, chopped

10g/1/2oz (1 handful) fresh basil, chopped

1 tablespoon reduced-salt soy sauce

1 tablespoon vegetable oil

Method

Heat the oil gently and fry the garlic and chilli.

Add the mince and stir fry on a high heat. Add the rest of ingredients, cover and cook gently for 15-20 minutes or until the mince is browned through.

Serve with rice or pasta and salad or a boiled vegetable of your choice.





Steak with Peppercorn Sauce

This classic combination of flavours makes an excellent dinner dish that is quick to prepare.

Serves 2

Ingredients

2 x 125g/4oz beef steaks

100g/4oz half fat crème fraîche or double cream

2 teaspoons vegetable oil

Freshly ground black pepper

2 teaspoons peppercorns, crushed

Method

Heat the vegetable oil in a large non-stick frying pan.

Lightly season the steaks with freshly ground black pepper and cook over a medium-high heat for 2-5 minutes on each side, depending on how well done you like them.

Remove the steaks from the pan, and leave to rest on warmed plates.

Add the peppercorns to the frying pan with the crème fraîche or double cream and stir in any meat juices that have collected in the pan.

Cook gently for 2 minutes until the sauce thickens and reduces slightly.

Spoon 1-2 tablespoons of sauce over each the steak.

Serve immediately with boiled potatoes and a salad or boiled vegetables of your choice.

Chilli Con Carne

Sheila Finigan

This recipe is an old favourite. The amounts of some of the ingredients in this recipe have been adapted from the traditional recipe to make it suitable for a renal diet. This is a good recipe for making extra portions to freeze for a later date.

Serves 4

 Suitable for freezing

Ingredients

200g/8oz canned red kidney beans in water, rinsed and drained

1 medium onion chopped

1 clove garlic, crushed

1 tablespoon vegetable oil

500g/1lb minced beef, low fat if possible

½ teaspoon chilli powder, or more to taste

200g/8oz tinned tomatoes

½ teaspoon paprika

½ tablespoon vinegar

½ tablespoon sugar (optional)

Method

Heat the oil over a low heat and fry onion and garlic for about 5 minutes.

Add the minced beef and fry until lightly browned.

Add all of the other ingredients, except the kidney beans and mix together. Simmer gently on the hob for about 30 minutes adding a little extra water if necessary to stop it sticking.

Add kidney beans and cook for a further 10 minutes.

Serve, using a slotted spoon, with rice or crusty bread.

“If you can batch cook and freeze portions that cuts down on the labour if you find cooking a chore.”

Home dialysis patient





Jamaican Curried Goat

This traditional Jamaican dish, suggested by a member of the kidney team at Guy's, is full of flavour and ideal for a cold winter's day.

Serves 6

 Suitable for freezing

Ingredients

600g/1lb boneless goat, mutton or lamb

2 tablespoons vegetable oil

Marinade

1 small Scotch Bonnet/Chilli Pepper, seeds removed but left whole

6 spring onions, chopped

2 cloves garlic, crushed

1 teaspoon All Spice (Jamaican Pimiento)

1 reduced salt stock cube, crumbled

1 thumb-sized piece fresh ginger, grated or 1 teaspoon ground ginger powder

1-2 sprigs fresh thyme

Freshly ground black pepper

1 tablespoon vegetable oil

Method

Wash the meat, remove the fat and cut into 3cm (1 inch) cubes. Put into a large plastic or glass bowl.

Add all of the marinade ingredients to the meat and mix gently to coat the meat. Cover and leave overnight in the fridge to marinate.

Heat the remaining oil in a large, heavy pot and add the marinated meat. Reduce the heat to low and cook covered for 2-3 hours until the meat is tender, adding a little boiling water, if required, to stop it sticking.

Serve, using a slotted spoon, with plain rice.

Pork Chops with Herb Crust

Baking is a healthy way of cooking as it does not use extra fat. The chops can be prepared in advance and kept in the refrigerator until you are ready to cook.

Serves 2

Ingredients

2 x pork chops (fat trimmed off)

1 teaspoon mustard

2 teaspoon oil

2 spring onions or 1 shallot, finely chopped

1 clove garlic, crushed

2 tablespoons of fresh or bought breadcrumbs

1 pinch mixed dried herbs or a handful of fresh herbs (e.g. parsley) chopped

Method

Preheat the oven to 200°C/400°F/
Gas Mark 6.

Spread the mustard over one side of each pork chop and place in a shallow baking dish or roasting tin.

To make the herb crust, mix together the oil, onions, garlic, dried herbs and breadcrumbs.

Press the herb crust mixture on to the top of each pork chop/loin and cover the dish with tin foil.

Bake for 25 minutes, removing the foil for the last 5 minutes.

Serve with boiled potatoes or rice, and a boiled vegetable of your choice.





Easy Beef Burgers

Making your own burgers is cheap and easy. It also means that you can keep the salt and fat content to a minimum. They can be grilled or barbecued and are easy to make in advance.

Serves 4

 Suitable for freezing

Ingredients

500g/1 lb minced beef or pork (low fat if possible)

1 medium onion, grated or finely chopped

A pinch of dried mixed herbs

Black pepper to season

Method

Preheat the barbecue or grill to hot.

Place all the ingredients in a large bowl and mix together with a fork.

With clean wet hands, divide the mixture into 8 small or 4 large portions. Shape the meat into flattish rounds of an equal depth to ensure even and thorough cooking.

Grill or cook on the barbecue for 5-10 minutes on each side – the burgers should be brown in the middle as well as on the outside.

Serve in a burger bun or pitta bread with a teaspoon of tomato sauce, mustard or mayonnaise and shredded lettuce.

Coconut Fish Dream

Susana Costeira

This is a wonderfully fragrant dish but quite high in fat so keep it for an occasional treat rather than a regular dish. The quantity of coconut in this recipe has been adapted from the traditional recipe to make it suitable for a renal diet.

Serves 4

Ingredients

450g/1lb skinless cod fillet cut into large chunks

1 tablespoon vegetable oil

3 teaspoons low salt margarine or butter

1 teaspoon cumin seeds

1 medium onion, grated or finely chopped

2 small fresh tomatoes (100g/2oz), diced

2-3 fresh green chillies (to taste), chopped

½ teaspoon ground turmeric

½ teaspoon red chilli powder

¼ teaspoon garam masala

300ml/½ pint reduced fat coconut milk

Handful fresh coriander, chopped (optional)

Method

Heat the oil and margarine/butter over a low heat in a large saucepan. Add the cumin seeds and onion and fry gently until softened.

Add the tomatoes, green chillies, ground turmeric and chilli powder. Stir well.

When the sauce is shiny, and the oil has separated, add a sprinkle of garam masala and stir in the coconut milk.

Add the cod, cover and cook for 12-15 minutes.

Sprinkle with a handful of coriander to garnish.

Serve using a slotted spoon, with rice and a green salad.





Ivory Coast Fish Soup

Mr Martin Dagrou Gbolou

This tasty traditional Ivory Coast recipe has been modified slightly to ensure it is suitable for a renal diet.

Serves 4

Ingredients

2 medium fresh white fish fillets e.g. halibut, tilapia, snapper, cod

2 small-medium aubergines, diced

1 small onion, finely chopped

5 cloves garlic, crushed

1 tablespoon tomato puree

1 hot chilli pepper

1 reduced salt stock cube

Method

Place the aubergine into a large pan of cold water. Bring to the boil and cook for 10 minutes. Drain and discard the water.

Put all the ingredients except for the stock cube in a large pot. Cover with water and simmer for 45 minutes.

Add the stock cube and continue to simmer, uncovered, until the soup has reduced and is thick.

Serve, using a slotted spoon, with plain boiled rice.

Lemon Baked Fish

Baking is a healthy way to cook fish, as it uses only a small amount of fat. You will find the lemon and herbs go well with the fish without the need for salt.

Serves 4

Ingredients

4 x 100g/4oz portions white, boneless fish fillets e.g. cod, haddock, snapper, coley

Juice of one lemon/ 2 tablespoons of lemon juice

Grated rind of one lemon (optional)

1 tablespoon reduced salt butter or margarine

1 pinch dried rosemary or dill

Black pepper

Method

Preheat the oven to 180°C/350°F/
Gas Mark 4.

Place the fish in a single layer in a shallow baking dish.

Mix together the butter or margarine, lemon juice, grated lemon rind, rosemary, and pepper and dot over fish fillets.

Cover with foil and bake for 25 minutes or until fish flakes easily when tested with a fork.

Serve with boiled or mashed potatoes or rice and a boiled vegetable of your choice.





Quick Chickpea Curry

Using tinned chickpeas means this dish is quick and easy to prepare. You can vary the amount of curry powder to suit your taste.

Serves 2

 Suitable for freezing

Ingredients

2 teaspoons oil

2 cloves garlic, crushed

3cm/1 inch piece of fresh ginger, peeled and finely chopped or 1 teaspoon of ground ginger powder

1 tablespoon curry paste

1 small (200g/8oz) tin chopped tomatoes, juice drained and discarded

100 ml (about 6 tablespoons) water

1 onion, peeled and chopped

1 x 400g/15oz tin chickpeas in water, drained

Handful of fresh coriander leaves, chopped (optional)

Method

Gently fry the garlic, ginger, onion and curry paste in the oil for 2-3 minutes.

Add the tomatoes and water and cook for a further minute.

Add the chickpeas and most of the coriander, if using.

Cook gently for 10 minutes until reduced.

Sprinkle with the remaining coriander.

Serve, using a slotted spoon, with chapatti, rice, cous cous or naan bread and a garnish of sliced cucumber sticks and spring onion.

Vegetarian Shepherd's Pie

Christine Allen

This is a quick and easy dish. Christine's tip of swapping a mashed potato topping for couscous not only saves time but makes this tomato-based dish suitable for a renal diet.

Serves 4

 Suitable for freezing

Ingredients

400g/16oz can of chickpeas in water, rinsed and drained

2 tea-cups of mixed frozen vegetables, boiled in water

300g/12oz tin lentils in water, rinsed and drained

400g/16oz canned chopped tomatoes, juice drained and discarded

A pinch of dried mixed herbs

1 teaspoon paprika

250g/12oz couscous

60g/2oz hard cheese, grated

Freshly ground black pepper

Method

Place the mixed frozen vegetables in a large pan of cold water and bring to the boil. Cook for 5 minutes, drain and discard the water.

Meanwhile, place all of the other ingredients, except the couscous and cheese, into a pan and heat through. Add the cooked vegetables.

Place into an ovenproof dish.

Cook the couscous following the instructions on the packet and sprinkle over the dish.

Sprinkle the cheese over the couscous and grill until golden brown.

Serve with crusty bread.





Cheese and Onion Flan

You can save time when making this classic dish by using ready made pastry although this increases the salt and fat content. The flan can be frozen in individual slices for a quick meal at a later date.

Serves 4

 Suitable for freezing

Ingredients

75g/3oz wholemeal flour

25g/1oz low fat spread

Pinch salt

15g/1/2oz white vegetable fat

3 tablespoons cold water

1 medium onion, thinly sliced

75g/3oz reduced fat cheddar cheese, grated

1 egg

150ml/1/4 pint skimmed milk

Pinch dried mixed herbs

Black pepper

You will also need a 18cm/7" flan tin.

Method

Preheat the oven to 180°C/350°F/
Gas Mark 4.

Rub the low fat spread and white vegetable fat into the flour to form fine breadcrumbs.

Add enough cold water to form a firm dough. Roll out thinly and place in the flan tin.

Prick the base and arrange the onion on the base of the flan case.

Beat together egg, milk, cheese and herbs and season with black pepper. Pour over the onion.

Bake for 45 minutes.

Serve hot or cold with a side salad and boiled potatoes or crusty bread.

Tofu Stir-fry with Sesame Noodles

This tasty recipe is a good mix of tofu, vegetables and noodles and is easy to make. For a non-vegetarian meal, replace the tofu with 1 large skinless chicken breast, cut into thin strips.

Serves 2

Ingredients

250g/8oz plain tofu (drained)

1 tablespoon olive oil

1 clove garlic, crushed

3cm fresh root ginger, peeled and finely chopped

1/2 small head broccoli, cut into small florets

1 carrot, cut into thin matchstick strips

3 spring onions, trimmed and cut into strips

125g/4oz medium egg noodles

1 tablespoon reduced salt soy sauce

1 tablespoon honey

1 teaspoon sesame oil

Freshly ground black pepper

Method

Cut the tofu into 2cm cubes and place in a bowl with the olive oil, ginger and garlic. Toss to mix and set to one side.

Cook the noodles as per instructions on the pack and drain.

Rinse the noodles in cold water, drain and toss in sesame oil to keep the noodles separated.

Boil the broccoli and carrots in plenty of unsalted water for 5 minutes, drain and rinse with cold water.

Heat a large non-stick wok or frying pan, add the marinated tofu and stir-fry for 2-3 minutes.

Add the carrots, broccoli and 1 tablespoon of water. Cover with a lid and steam-fry for 4-5 minutes until the tofu is cooked, adding the spring onions for the last minute.

In a bowl, mix together the soy sauce and honey.

Add the noodles to the pan with the soy mixture. Toss well until everything is piping hot.

Season with black pepper.

Serve immediately.





Jollof Rice

Elizabeth Adeolokun

This is a basic version of the traditional rice dish cooked in many West African countries and makes an excellent side dish to meat or fish.

Serves 2

Ingredients

100g/4oz long grain rice, white or brown

1 medium tomato, peeled and chopped

1 chilli pepper, minced

2 teaspoons of vegetable oil

1/2 reduced salt stock cube

1 clove garlic minced (optional)

1 medium onion chopped (optional)

Method

Bring the rice to the boil for 5 minutes. Drain and rinse with cold water to remove the excess starch.

Bring the rice to boil again in 200ml/1/3 pint of cold water with the stock cube. Add the tomato, hot chilli (garlic and onion, if using) and the vegetable oil.

Cook for 30-40 minutes or until the water is absorbed.

Serve with grilled, white fish and a mixed side salad.

Couscous

Couscous is quick and easy to prepare and can be flavoured with herbs and spices in place of salt. Serve with meat, fish or chicken in place of potatoes, pasta or rice. Here are two ideas to try.

Mint Couscous

Serves 4

Ingredients

225g/8oz couscous

600ml/1 pint water

3 tablespoons of fresh mint chopped

2 teaspoons of olive oil

Method

Bring the water to the boil in a sauce pan.

Remove the pan from the heat and add the couscous. Stir briefly and cover with the pan lid.

Leave to stand for 5 minutes then fluff up with a fork.

Drizzle with the oil and add the finely chopped mint.

Season with black pepper as required.

Serve with grilled meat or fish.

Lemon and Coriander Couscous

Serves 4

Ingredients

250g/8oz couscous

600ml/1 pint water

3 tablespoons of fresh coriander, chopped

Grated rind and juice of 1 lemon

2 teaspoons of olive oil

Method

Bring the water to the boil in a sauce pan.

Remove the pan from the heat and add the couscous. Stir briefly and cover with the pan lid.

Leave to stand for 5 minutes then fluff up with a fork.

Drizzle with the oil and add the finely chopped coriander, lemon rind and juice. Season with black pepper.





Potato Wedges

These tasty homemade wedges are lower in potassium and fat than ready-made or bought chips.

Serves 4

Ingredients

4 medium sized potatoes (total 800g)

1/2 teaspoon chilli powder (optional)

1 teaspoon dried oregano

2 teaspoons paprika

1 tablespoon vegetable oil

Black pepper

Method

Preheat the oven to 220°C/425°F/

Gas mark 7.

Peel the potatoes and cut into thin wedges.

Place them in a large pan of cold water and bring to the boil.

Boil for 15 minutes and drain.

Brush the oil over a baking sheet.

In a large bowl mix the oregano, paprika and chilli powder (if using) together. Add the potatoes and toss to coat.

Spread the wedges in a single layer onto the baking tray.

Cook for 20-30 minutes or until browned.

Champ – Irish Potato Side Dish

This traditional Irish version of mashed potato relies on onion for flavour in place of salt. You could also try adding a handful of chopped fresh parsley or chives, instead of the spring onions.

Serves 4

Ingredients

600g/1 lb 4oz potatoes, peeled and cut into small pieces

Freshly ground black pepper

1-2 tablespoons milk

2 finely chopped spring onions

Method

Boil the potatoes in a large pan of water until soft.

Drain the potatoes and mash with the milk, black pepper and spring onions.





Lemon Drizzle Cake

Peritoneal Dialysis patient

A slice of this can be enjoyed as a snack or teatime treat. Individual slices can be frozen to enjoy at a later date.

Serves 8-10

 Suitable for freezing

Ingredients

225g/8oz self raising flour, sieved

225g/8oz low salt butter/margarine

225g/8oz caster sugar

4 medium eggs

Juice and rind of 1/2 lemon

For the icing

110g/4oz icing sugar

Juice and rind of 1 lemon

You will also need a deep 18cm /7" round cake tin, lined with non-stick paper

Method

Preheat the oven to 180°C/350°F/
Gas Mark 4.

Cream the butter and sugar until light and fluffy.

Add eggs one at a time, beating well in between.

Add flour and stir in gently.

Add lemon rind and juice.

Pour the mixture into the cake tin.

Bake for approximately 70 minutes until golden and the cake springs back when touched.

Remove from the tin, peel off the paper and leave to cool.

Mix the icing sugar with lemon juice and pour icing over the cake allowing it to run down the sides. Sprinkle with lemon zest.

Spiced Baked Apple

Paulette Woods

This recipe makes a quick healthy dessert and is a good way of using up old apples.

Serves 1

Ingredients

1 apple, preferably Bramley

1 teaspoon sugar or sweetener

1/2 teaspoon of cinnamon and/or a few cloves

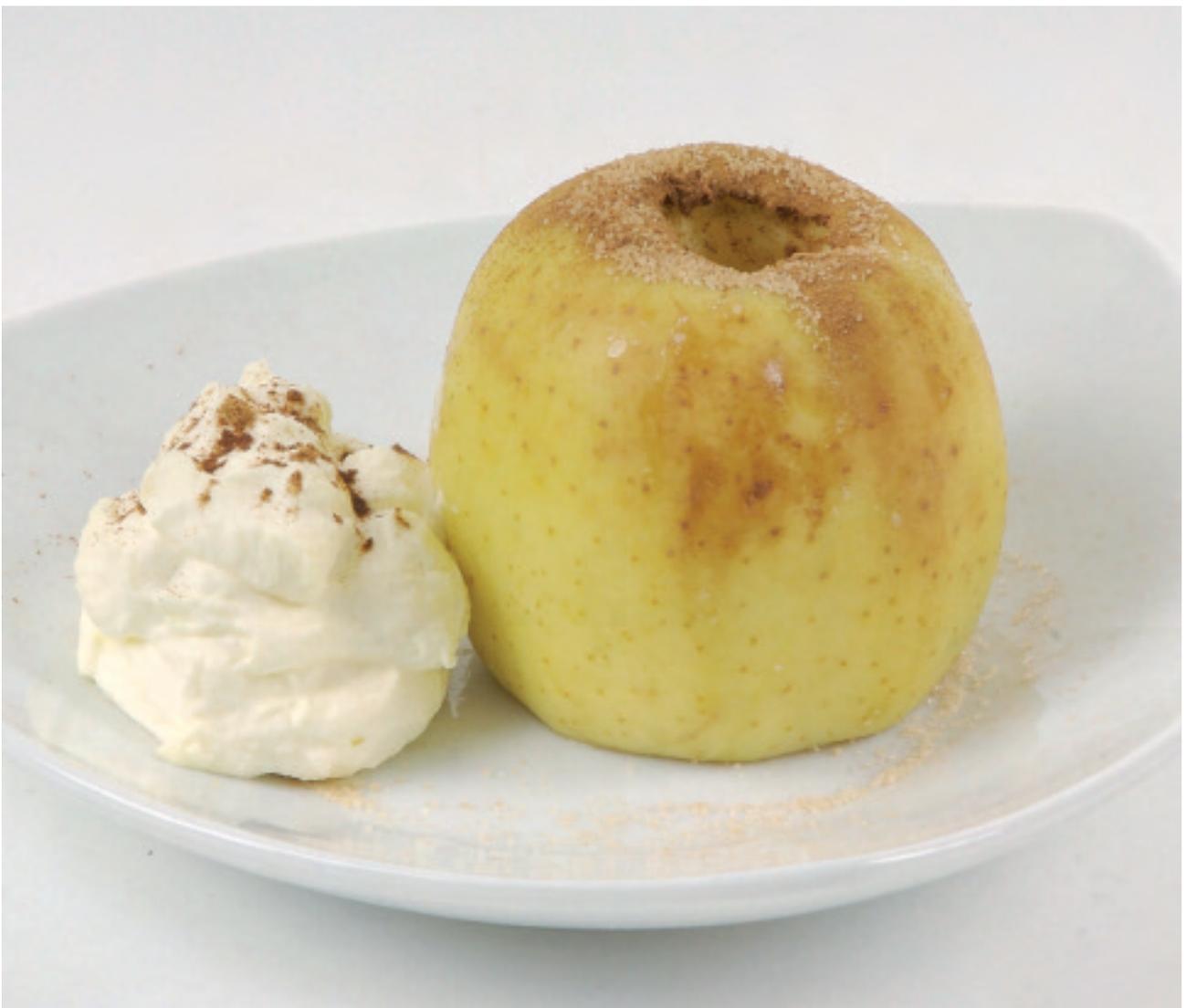
Method

Core the centre of the apple and put on a microwavable plate.

Mix the sugar with the cinnamon and/or cloves and spoon into the centre of the apple.

Cook in the microwave on half power for 2-3 minutes or until soft.

Serve with a spoonful of low fat cream.





Fruit Flan

Home Haemodialysis patient

This quick and easy dessert can easily be varied by using tinned peaches or mandarins (as used in the photo above) in place of the fruit cocktail.

Serves 4

Ingredients

1 small sponge flan case
400g/1 6oz tin of fruit cocktail
1 packet of red quick jel

Method

Drain the juice from the can of fruit and discard.

Place flan case on a flat plate and arrange the fruit in it.

Make up the quick jel following the instructions on the packet.

Allow to cool for a few minutes and pour over the fruit.

Leave to set.

Serve with a spoonful or two of cream.

Easy Trifle

A quick version of a classic dish. Try swapping the mandarins for canned raspberries for a more luxurious dessert.

Serves 4

Ingredients

- 1 small plain sponge swiss roll**
- 1 x 75g/3oz sachet custard powder**
- 1 x 400g/16oz canned mandarins segments in juice, drained**
- 2-3 tablespoons of sherry (optional)**
- 150ml/1/4 pint double cream**
- 4 squares of chocolate, grated**



Method

To make the custard, empty the sachet into a measuring jug and pour on boiling water up to the 300ml/1/4 pint mark.

Whisk briefly with a fork until smooth and creamy and leave to stand while you prepare the rest of the trifle.

Cut the swiss roll into slices and use to cover the base of 1 large or 4 individual serving dishes.

Sprinkle the sherry, if using, over the swiss roll.

Spread all but 6 of the mandarin segments evenly over the swiss roll.

Pour or spoon the custard over the fruit.

Whip the double cream and spread over the custard.

Decorate with a little grated chocolate and the reserved mandarins.



Pineapple and Ginger Meringues

The ginger gives a wonderful spicy contrast to the sweet pineapple in this non-cook dessert.

Serves 4

Ingredients

4 meringue nests

200 ml/8oz half fat crème fraîche or whipping cream

60g/2oz stem ginger in syrup, chopped

200g/8oz can pineapple chunks in juice, drained

Method

Arrange the meringue nests on individual serving plates or dishes.

Stir the chopped ginger into the crème fraîche.

Fill the meringue nests with the ginger-crème fraîche and top with pineapple chunks.

Serve.

Light meal ideas

It can be difficult to think of light meal ideas that are suitable for a renal diet. Vary the types of breads, fillings and flavourings given below to make sandwiches more interesting.

Breads

Sliced bread – fresh or toasted, e.g.
– Wholemeal
– Granary
– White
– Crusty
Panini
Wraps, chapattis
Bagels, rolls
Pitta bread
Croissants
Cream crackers, water biscuits
Crisp breads, rice cakes
Scotch pancakes
Crumpets
English muffins

Toppings for toast etc

Eggs**
Spaghetti
Houmous
Sardines**
Cream cheese – plain, garlic, chives, black pepper
Cottage cheese
Traditional cheese**

Other tasty ideas...

Fish fingers
Fish cakes
Individual pizza or pizza slice
Pancakes
Boiled egg**
Tuna pasta salad
Salmon or tuna salad
Cheese & onion flan*
Cous cous salad
Ready bought chicken pieces/legs
Rice salad containing meat or fish
Cold meat

Sandwich filling ideas

Cold meat e.g. chicken, turkey, beef, pork, ham
Steak
Beef burger*
Tuna
Cream cheese* – plain, garlic, chives, black pepper
Cottage cheese – plain, chives or pineapple
Salmon spread
Chicken tikka
Egg & cress
Egg mayonnaise*
Houmous
Coronation chicken

Flavourings

Try adding a small amount to give flavour and moisture to your sandwich.

Stuffing e.g. with chicken or turkey
Horseradish e.g. with beef
Apple sauce e.g. with pork
Mustard e.g. with ham
Pickle e.g. with cold meat



Notes

*Choose reduced fat/use sparingly if you are on a low fat diet or are overweight.

**Your dietitian may advise you to limit the amount of these foods you have each week.

Snacks and biscuits

Snacks and desserts are not always needed but if your appetite is poor, they improve your daily food intake.

If you need to lose weight or keep your weight stable a portion of fresh or tinned fruit makes a good, low fat snack. If necessary, your dietitian will discuss with you about any types of fruit you should avoid or about how many portions you should have a day.

If you require snacks low in sugar choose the savoury snacks, breads and plain biscuits. If you have any questions speak to your dietitian.

Biscuits

Shortcake
Shortbread
Rich tea
Digestives
Ginger nut
Chocolate chip cookies
Sweetened rice cakes
Viennese whirl
Iced gems
Nice
Malted milk

Breads

Scotch pancakes
Croissants
Crumpets
Waffles
English muffins
Pitta (mini, white, wholemeal)
Sliced bread/toast
Part baked bread
Ciabatta
Naan
Wraps
Bagels

Savoury snacks

Breadsticks
Low salt crackers
Cream crackers
Water biscuits
Crispbreads
Plain popcorn
Unsalted crisps (small bag)
Low salt rice cakes
Melba toast

“Have light meals in between main meals, because as the older you get your appetite is not like it was years ago.”

Forest Hill Dialysis patient

Cakes and desserts

Cakes

Madeira (plain or cherry)
Angel layer cake
Victoria/jam sponge
French fancies
Fairy cakes
Swiss roll (not chocolate)
Lemon cake
Doughnuts
Iced finger
Flapjack
Plain/cherry scones (homemade if possible)



Sweets

Marshmallows, jellied fruits/jelly babies
Turkish delight, wine gums
Boiled sweets, pastilles
Mints/peppermint creams



Desserts/puddings

Chocolate eclair
Apple turnover or apple strudel
Apple tart / tart tatin
Lemon meringue pie
Brandy snap biscuits / baskets
Apple / pear / berry crumbles
Fresh, stewed or canned fruit
Trifle
Baked apple
Treachle tart
Meringue nest with fruit
Fruit flan

Serve with:

Cream (whipped, single, double), Crème fraiche or ice cream.

Remember to eat all snacks and desserts sparingly. Choose reduced fat and sugar options if you are on a low fat or low sugar diet or are watching your weight. Speak to your dietitian if you have any questions about choosing suitable desserts.

Eating less salt

A low salt diet helps to prevent fluid retention and control your thirst.

Here are some practical ways of reducing your salt intake and other ideas of ways to flavour your food.

Stock cubes, Maggi cubes, pre-mixed seasonings

Stock cubes and pre-mixed seasonings are high in salt. They can be used to add flavour but use half the amount stated in recipes and don't add any other salt.

Sauces

Tomato ketchup, brown sauce, salad dressings and soy, fish and Worcester sauces all contain a lot of salt. Buy reduced salt varieties and use them sparingly. Try using half the amount stated in recipes.

Hints for flavouring

Instead of salt use herbs and spices to flavour your food. Fresh or dried herbs can be used. Both are widely available in local shops and supermarkets. Dried herbs are best added at the start of cooking and fresh herbs at the end. If you need to add flavour at the table, try black or white pepper, vinegar or lemon juice.

The following table gives some ideas for which flavourings to use with different foods.

“My use of herbs and spices means you never need salt and I haven't used it for many years.”

New Cross dialysis patient

Food	Flavouring
Fish	Lemon, lime, parsley, allspice, bay leaf, red cayenne pepper, tartare sauce, dill
Roast meat	Pork: cloves, apples, sage Lamb: marjoram, rosemary, mint Chicken: tarragon, dill, honey, lemon Beef: mustard, horseradish
Grilled Meat	Balsamic vinegar, crushed peppercorns
Stews	Basil, bay leaf, dill, garlic, bouquet garni, marjoram, oregano, sage, thyme, red cayenne pepper, paprika, ginger
Rice	Bay leaf, nutmeg, coriander, cardamom, peppercorns, turmeric
Potatoes	Parsley, bay leaf, nutmeg, chives, chopped spring onion, dill, garlic, mint
Eggs	Chilli, chives, black pepper, paprika, chervil, tarragon
All dishes	Freshly ground black and white pepper

What type of drinks can I include?

This table gives a general guide of the types of drinks that you can have. If necessary your dietitian will modify it to meet your individual needs.

If you are on dialysis you will need to restrict the total amount of fluid you take in each day. Your health care team will help you work out your daily fluid allowance.

Drinks	Allowed?
Tea Including herb and fruit teas	Yes
Coffee	One small cup per day. Avoid milky coffees
Water Including flavoured and sparkling	Yes
Fruit squash* or cordial*	Yes
Fizzy drinks* e.g. lemonade, orangeade, ginger beer	Yes but avoid Cola, Dandelion and Burdock
Milk	Limit to 200-300 ml ($\frac{1}{3}$ to $\frac{1}{2}$ pint) per day e.g. in tea, on cereal
Alcohol	Choose white wine and spirits more often than beer and lager
Fruit or vegetable juice	No
Milky drinks e.g. milk shakes, nourishment, stout punch, hot chocolate, latte	No
Malted drinks e.g. Horlicks, Ovaltine	No

*Choose 'diet' or 'no added sugar' types if you have diabetes or are watching your weight.

"I find fluid control
far more difficult
than diet."

Haemodialysis patient

Managing on a limited fluid intake

Patients tell us that the hardest part of their renal diet is the limited amount of fluid they can have each day.

We asked patients for their hints and tips on how they manage on a limited fluid intake. This is what they said...

“The bottom line of my fluid intake is to cut down in salt intake because salt makes you thirsty every time”

Elizabeth Adeoloken

“Distraction helps so keeping your mind occupied is essential”

“If I think I am going over my limit I have an ice cube instead”
Astley Cooper Dialysis patient

“I control my fluid by having only half a cup of drink at a time and always leave a bit in the cup”

Home-Haemodialysis patient

“Freezing a small amount of fruit squash mixed with the water for ice cubes relieves the boredom”

New Cross Dialysis patient

“I don’t cook with salt – I use garlic and pepper instead”

“Flavour ice cubes with lime or try making them with sparkling water”

Bostock Dialysis Patient

“Try to reduce the amount you drink during the 24 hours before a party or meal out where you may want to drink more than usual”

Camberwell dialysis patient

“When taking tablets, use a cup of water or less, or try without”

Cyrella McQueen

“Use a small glass – this will stop you pouring out more than you need”

“If you are going on a long journey take a small bottle of your frozen water and only sip when you really need it”

Cyrella McQueen

“Be aware of hidden fluid in foods”

“Serve/ask for sauces to be served separately”

“Frozen segments of orange to quench my thirst”

Elizah

“Measure how much the cups/glasses you use regularly hold”

Christine Allen

“Battle dry mouth – dry mouth can be uncomfortable. Try using mouthwash or brush your teeth”

Susana Costeria

“Stay cool, especially in warm weather”

Helpful hints when eating out or ordering in

How often do you eat out or have a take-away? If it is only occasionally (i.e. once a week), it is unlikely to make much difference. However, if you eat out more often, you will need to be careful about what you choose.

- If you know you will be eating out or having a take-away, be careful before or after the meal to allow for any foods and drinks you would not normally have
- Ask for sauces or dressings to be served separately so you can control the amount you have
- Ask for food to be cooked or served without salt
- If you are unsure what ingredients a dish contains, ask
- You can also ask that high potassium ingredients e.g. mushrooms, are left out of a dish
- Rice, pasta, couscous and noodles are good to have in place of starchy foods like potatoes, yam or plantain

African-Caribbean

- Try to avoid dishes containing salted fish or meats as they are unlikely to have been pre-soaked
- Ask for soups and stews to be served with a slotted spoon to drain the liquid away
- Ask for food to be cooked or served with less seasoning
- Choose plain boiled rice, ground rice, couscous or bread with a dish rather than extra starchy vegetables such as yam, plantain, green banana or cassava

Chinese, Thai and Indian

- The saltiest part of the dish is the sauce so choose dishes that do not have a sauce or leave most of the sauce on the plate
- Avoid adding pickles, chutneys or soy sauce to your meal
- Ginger, garlic and lemon grass add flavour without the need for salt
- Choose plain rice or noodles instead of pilau rice which is cooked in a salty stock
- Avoid soups and limit salty snacks such as poppadoms or prawn crackers

Fast food

- Choose a plain burger without cheese or relish
- Choose chicken or lamb kebab with salad and pitta bread
- Choose plain cooked chicken rather than one that is heavily seasoned
- Avoid milk shakes
- Fish in batter or breadcrumbs can be eaten but have only a small portion of chips
- Avoid or use very small amounts of ketchup or dips. Vinegar is fine

Italian

- Avoid dishes which contain large amounts of cheese e.g. Four-cheese pizza, macaroni cheese
- Choose pizzas with lower salt toppings such as chicken, vegetables, pineapple, mozzarella cheese or beef
- Avoid dishes or pizzas that contain salty ingredients e.g. olives, anchovies, cured meats (ham and bacon) or blue cheese
- Use black pepper, herbs, chillies or vinegar to add extra flavour in place of Parmesan

Remember, if you are watching your weight or are on a low fat diet, many take-away foods are high in fat. Your dietitian can give you more advice on healthier take-away choices if necessary.

Further information

The following websites have been written or reviewed by medical experts and found to be the most useful and reliable. However, the use of websites is not intended to replace consultation with your own doctor, dietitian or health care team.

www.edren.org

This website from the Royal Infirmary of Edinburgh Renal Unit gives a very useful review of 'what's in food' and sections for diet at different stages of treatment. It has information sheets available to download and print.

Link through to the diet section by searching 'diet' in the 'Search this site' link, and then click on 'diet in chronic renal failure and CKD'.

www.cambridge-transplant.org.uk

This website from Addenbrooke's Transplant Unit, Cambridge gives dietary advice for patients who have had a kidney transplant.

Click on the 'kidney' button at the top of the home page, and then scroll down to the section called 'Going home' to find information on diet.

www.kidneypatientguide.org.uk

This website has information for 'kidney patients and those who care for them'. It includes a brief diet section with a very useful 'cartoon' explaining fluid control as well as cookbooks and menu ideas. This website also has an excellent online discussion forum for patients and their carers.

www.kidney.org.uk

This website is from the National Kidney Federation – the UK charity for kidney patients by kidney patients. It has some dietary information and a useful online discussion board called Talkline.

- If you don't have access to the internet at home, try your local library or visit the Knowledge & Information Centre on the ground floor of the North Wing at St Thomas' Hospital.
- You can use the website **www.judgehealth.org.uk** to judge the quality of other health information websites you find.
- If you have any questions regarding your diet please contact your renal dietitian.

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