

Children's Dietitians

The Department of Dietetics and Nutrition
Queen's Medical Centre Campus
Derby Road
Nottingham
NG7 2UH

Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

Freephone (City Hospital Campus): 0800 052 1195

Freephone (QMC Campus): 0800 183 0204

From a mobile or abroad: 0115 924 9924 ext 65412 or 62301



Minicom: 0800 183 0204

E-mail: pals@nuh.nhs.uk

Letter: NUH NHS Trust, c/o PALS, Freepost NEA 14614,
Nottingham NG7 1BR

www.nuh.nhs.uk

If you require a full list of references for this leaflet please email
patientinformation@nuh.nhs.uk or phone 0115 924 9924
ext. 67754.

The Trust endeavours to ensure that the information given here
is accurate and impartial.

Energy Boosters

Information For Children with Kidney Disease

Department of Dietetics and Nutrition



This document can be provided in different languages and
formats. For more information please contact:

Nottingham Children's Hospital
Queen's Medical Centre Campus
D Floor, East Block

Children's Dietitian:

Contact number: (0115) 924 9924 Ext: 62066

Little and often.....

When you have a small appetite it is important that the food you do eat is as nutritious as possible. You will need to eat a variety of foods and choose high energy foods whenever you can.



What we have discussed today:

How to add extra energy to your food

Unsalted butter and low salt margarine or olive oil:

- Over pre boiled potatoes.
- Vegetables.
- Spread thickly on toast, crumpets and rice
- Pasta dishes.
- Try frying foods in olive oil instead of grilling.



Double cream:

- Add to puddings, cereal, soups, over cakes or tinned fruit in syrup.

Cheese:

- Spread full fat cream cheese on sandwiches and bagels.
- Add grated cheese (from your allowance) to soups, sauces, potatoes and vegetables.
- **Remember to take your phosphate binders if prescribed.**



Full fat salad dressing and mayonnaise:

- Add to salads and sandwiches
- Use mayonnaise as a dip.



Sugar, syrup and honey:

- Add to drinks, cereal and puddings.
- Spread honey, lemon cured or jam thickly on toast, crumpets or scones.

General hints

- Eat small, frequent meals every 2-3 hours. This is often easier than 3 main meals and can be just as good for you.
- Eat meat, fish, lentils or beans daily. Remember to take your phosphate binders before these foods.
- Use full cream milk instead of skimmed or semi-skimmed milk.
- Avoid diet or low fat products.
- Eat when you fancy something and when you are hungry.
- Make the most of good days when you have a good appetite.

There are two ways to increase your energy intake:

Eating more

having a larger serving at meal times or having a second portion. You could include a pudding or a slice of cake or you can have an extra snack after school or at bedtime.



Adding extra energy to food

There are simple ways of adding extra energy to foods to increase the energy they provide.



How to eat more

Savoury snack ideas

- Sandwiches (filled with tuna mayonnaise or sliced meat), toast. Plain rice, pasta or noodles with unsalted butter or low salt margarine.
- Scones, pancakes, crumpets, croissants, bagels, teacakes, English muffins.
- Celery sticks or bread sticks or crackers with full fat cream cheese or hummus. Garlic bread made with unsalted butter.
- Breakfast cereals e.g. Shredded Wheat, Sugar Puffs or Crunchy Nut Cornflakes with full fat cream..



Sweeter snack ideas

- Plain/cream biscuits, e.g. custard creams, pink wafer biscuits, digestives, jam sandwich biscuits and nice biscuits. Jelly marshmallows, jelly and boiled sweets, mints, chews, Turkish Delight™ and iced gems.
- Tinned fruit in syrup, stewed fruit (low potassium fruit) with cream or sorbet. Fruit squash, barley water, non-cola fizzy pop or Lucozade.
- Cakes e.g. cream cakes, muffins, Madeira cake, sponge, doughnuts, Victoria sandwich, jam tarts, mini apple pies and meringues.

