



Renal Snacks



Savoury Snacks:

White bread
Bread Sticks/ Crackers
Philadelphia dunkers
Bagels/ Crumpets/
English Muffins/ Teacakes
Chapatti (white flour)
Share and tear brioche
Croissants
Toast
Plain Rice Cakes
Melba toast
Pitta Bread
Naan bread
Pancakes
Plain popcorn
Plain Pasta/noodles/ Boiled Rice
Asda Savoury Rice –
 Curry flavour
 Chicken and Sweetcorn



Margarine or Oils can be added to above



Crisps:

Walkers Sunbite crisps - sun
ripened sweet chilli
 Sour cream and black pepper
 Original
Doritos Lightly Salted
Asda Cheesy Balls
Asda Japanese Style Rice Cracker mix
Weight Watcher's Cheese Puffs
Goodies Organix
 Carrot stix
 Curly puffs cheese & herbs
 Noughts and crosses sauce tomato
 Spicy stars tomato carrot & spices

Breakfast Cereals:

Nestle Cheerios Multigrain
Frosties
Rice Krispie

Sweet snacks:

Goodies Organic animal biscuits
Shortbread Biscuits
Nice Biscuits
Pink Wafer Biscuits
Bourbon biscuits
Rusks
Jammie dodgers
Oreo's
Custard creams
Iced gems
Plain biscuits/Rich tea
Trifle Biscuits
Rice cakes plain or toffee
Kallo Organic Honey Rice cake bites
Snack a jacks
 Caramel
Marshmallows
Honeycomb
Rice Krispie Squares –
 Marshmallow bar
 Honeycomb Crunch Bar
Sweet Popcorn
Scones with clotted cream and jam



Cakes or desserts:

Doughnuts with jam or apple
Plain or jam sponge
Squares rice krispie bar, chewy
marshmallow
Plain scones
Sweet waffles
Jam Swiss roll
Jam, Lemon or apple Tarts
Meringue
Lemon meringue
Apple crumble
Ready made fruit mousse
Sorbet



Sweet snacks can be included as part of your renal diet.
However remember good dental health to prevent tooth decay.

