

Nottingham Children's Hospital

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.

Nottingham Children's Hospital

Healthy Eating After Your Kidney Transplant

**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

- Keep high risk foods, eg raw meat, poultry, seafood and eggs separate from ready to eat foods.
- When eating out choose foods that are well cooked, avoid buffets containing undercooked foods or food held at room temperature.
- Be cautious with foods served from mobile fast food outlets.

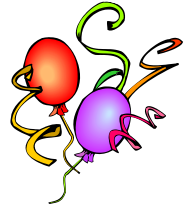
High levels of bacteria have been found in the following foods and it is recommended you avoid these.

- Unpasteurised cheese, e.g. soft ripened cheeses such as Brie, Camembert and blue vein type cheese such as Stilton and Danish Blue.
- Use only pasteurised milk, cheese and other dairy products and ensure they are stored correctly.
- All types of pate.
- Cooked-chilled meals and ready to eat poultry, unless thoroughly re-heated until piping hot before they are eaten especially when using a microwave cooker.
- Ready prepared salad leaves purchased in supermarkets.
- Avoid canned goods that are dented, cracked or bulging.
- Live yoghurt.
- Food containing raw eggs such as mayonnaise.



Congratulations!

You have had a successful kidney transplant!



This will change your life in a number of ways, including your diet.

Your new kidney means that your dialysis is no longer needed.

However before you go eating lots of things that were restricted before, here are just a few words of caution:

Many people put on a lot of weight following their transplant. Being heavy or 'obese' is now recognised as a risk to your health and is a threat to your new kidney. Limit the time you spend in front of the television/computer/ video games to 2 hours or less per day.

Some of the important medicines you are taking to ensure your new kidney works well can cause you to become hungry and increase levels of fat in your blood. It is therefore important to follow healthy eating advice.

You need to choose the right foods which will keep your weight under control. Hopefully this will help to keep you fit and well for years to come.

Regular exercise (about 60 minutes daily) is an important part of a healthy lifestyle, e.g. dancing, walking, football or swimming.

Healthy Eating Post Transplant:

- Enjoy your food.
- Eat a variety of different foods.
- Eat regular meals, avoid skipping meals.
- Eat the **right** amount to be a healthy weight. Be careful with portion size
- Eat plenty of foods rich in starch and fibre e.g. wholegrain breakfast cereals, granary or wholemeal bread.
- Eat plenty of fruit and vegetables (at least 5 portions a day). With no potassium restriction you can enjoy a greater variety of fruit and vegetables.
- **Don't** eat too many foods that contain a lot of fat.
- **Don't** have sugary foods and drinks too often.
- If you drink alcohol, drink sensibly.
- **Don't** add salt to your meals, avoid using salt in cooking and limit processed foods.



Food Safety (follow for 6 months post transplant and during 'intensive treatment periods')

As you are taking immuno-suppressive drugs you are more at risk of salmonella, cryptosporidium in water and listeriosis.

To prevent infection from foods it is important to follow good hygiene rules in storage and preparation of foods.

- Always thoroughly wash your hands in hot soapy water before and after preparing any food.
- Ensure food preparation surfaces are clean.
- Observe the 'best by' or 'use by' dates on labels.
- Do not eat under-cooked poultry or meat products. Cook food thoroughly to the recommended safe temperature.
- Make sure your refrigerator temperature is under 5°C. Refrigerate foods promptly.



Eating out

Even if you eat out regularly, it is still possible to eat healthily.

Pubs

Choose sandwiches filled with lean meat or poultry. Try baked potatoes with cottage cheese, tuna or baked beans. If you have a salad, watch out for the dressings.

Restaurants

Avoid creamy soups, salad dressings, fried foods and pate. For a main course try to choose a lean meat, fish or poultry dish. Be careful with pasta dishes which may contain a creamy sauce. If you choose a jacket potato make sure it is not soaked in butter.

Avoid grapefruit and grapefruit juice as it reduces the effectiveness of your immuno-suppressive drugs (it interferes with the level of Cyclosporin or Tacrolimus in your blood).

How to Eat Less Fat

There are two main types of fat, saturated and unsaturated. Both are equally high in calories but unsaturated fat is better for your heart.

Saturated fat is found in oil, butter, lard and margarine. It is also hidden in dairy produce, biscuits, pastry, cakes and meat.

Unsaturated fat is found in sunflower margarine, olive oil and corn oil.

Hints on Cutting Down on Fat

- Throw away the frying pan! Grill, microwave, bake, poach, steam or boil instead.
- Adopt 'low fat' cooking habits:
 - Trim the fat off meat before cooking.
 - When grilling, use a rack so that fat can drain away.
- Cheese, especially hard cheese like cheddar and cream cheese, contains a lot of fat. Try lower fat alternatives such as Edam, Shape, Tendale and Cottage Cheese.
- Preferably choose an unsaturated spread but whichever spread you choose, spread thinly on bread.



- Always buy lean cuts of meat and try to include more fish and chicken in your diet. Don't forget that there is a lot of fat hidden in pastries, meat pies, meat paste, sausages, chocolate and crisps.

How to cut down on Sugar



It is important to limit your sugar intake as the steroids you are taking can cause high blood sugars.

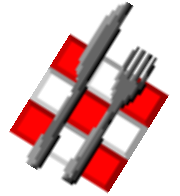
- Stop taking sugar in tea and coffee. If you cannot lose your sweet tooth, try an artificial sweetener e.g. Canderel, Hermesetas and Sweetex.
- Choose sugar free products e.g. sugar free squashes and fizzy drinks instead of the ordinary varieties.
- Limit sugary foods and snacks eg biscuits, cakes, sweets, chocolate, doughnuts.

Cut down on salt

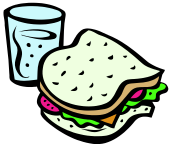
Continuing to cut down on salt in your diet will help to control blood pressure and limiting your salt intake is healthy for your new kidney.



- Avoid using salt in cooking and avoid adding salt at the table.
- Limit processed foods such as chips and takeaways.
- Learn how to read food labels and choose foods with less than 0.5g sodium per 100g or less than 1.25g salt per 100g.



Snacks



Snacks can be included in your daily food intake, however these snacks should be balanced and combined with regular activity.

Ideas for healthy snacks

Breakfast cereal with milk
Vegetable sticks with dips
Houmous and pitta bread
Yoghurt, glass of skimmed or semi skimmed milk
Homemade popcorn, toast/crumpet
Fresh fruit/dried fruit
Cereal bars, malt loaf, fruit bread