

Food pack ideas

General food:

- Any tinned vegetables (as long as they are drained, these are low in potassium), avoid tinned tomatoes
- Any tinned fruit (as long as they are drained, these are low in potassium), avoid prunes
- Any tinned pulses/legumes (as long as they are drained, kidney beans, lentils, peas)
- Lower salt baked beans or tinned spaghetti hoops (once a week)
- Butter or any other spread
- Jam, marmalade, lemon curd or honey (if the patients have not got diabetes)
- Brioche bread
- Croissant
- Dry crackers, bread sticks
- Pasta, rice, noodles, cous-cous
- Potatoes
- Flour to make cakes, pastry, biscuits or chapattis
- Plain biscuits, (not with chocolate or dried fruit)
- Pop corn, rice crackers, mini-cheddars and other wheat-based snacks (no crisps)
- Tinned custard or rice pudding
- Jelly and jelly sweets
- Mousse - not chocolate

Meat, Fish, Eggs and Dairy:

- Any fresh meat or fresh fish or eggs
- Tinned tuna (any type)
- Tinned sardines, pilchards, salmon (ideally tinned in brine or oil, not in tomato sauce), **avoid smoked fish.**
- Long life milk (UHT)
- Hard cheeses (i.e. Cheddar)
- Soft cheeses (i.e. Philadelphia/cottage cheese)
- Fresh or frozen ready meals
- Corned beef, ham

Breakfast cereals:

- Porridge
- Shreddies/Weetabix
- Rice Krispies
- Cornflakes
- Shredded Wheat
- Special K

- Cheerios
- Sugar Puffs
- Any cereals **but not chocolate based or containing dried fruit or nuts** (e.g. fruit and fibre, sultana bran, or muesli, All Bran, or granola) as these are high in potassium.

Breads:

- Wholemeal bread or rolls (fresh, frozen or part baked). Avoid heavily seeded Bread
- White or brown bread or rolls (fresh, frozen or part baked)
- Crumpet (these can be frozen)
- English muffins (these can be frozen)
- Ciabatta
- Bagels
- Tortilla wraps
- Naan bread
- Pitta bread
- Baguettes
- Chapatti (plain flour)

Drinks:

- no added sugar squash, avoid fruit juices
- tea
- lemonade

Soups:

Many patients on dialysis are fluid restricted, therefore we would discourage the use soups or packet noodles which have a very high salt content.