

Happy and Healthy Christmas Eating Tips (for People on Haemodialysis Dialysis)

*Merry Christmas & Happy New Year
to you and your Family*



Here are some tips to help you enjoy your meals and drinks. Don't let any dietary issues such as fluid overload, itchiness and high blood potassium trouble you during the festive season.

Here are some suggestions:

- Try to maintain usual healthy eating practice for your haemodialysis treatment
- Plan your meals and fluid intake
- Choose the right food and drinks at home and eating out
- Limit salt and salty foods as these make you thirsty and drink more
- Don't forget your phosphate binders with meals and snacks.
- Watch your potassium intake. Some of the traditional Christmas treats can be very high in potassium, so try to eat sensibly.
- Eat and drink in moderation!!!

Meal suggestions:

Main course:

- Roasted turkey, chicken, lamb, pork and beef (served with small amount of gravy, or cranberry or apple or mint sauce)
- Fish, prawns, seafood – BBQ, grilled or steamed

Vegetables & side dishes:

- Mashed or boiled potatoes or sweet potatoes (1 medium serve)
- Noodles, pasta
- Boiled vegetables, small side salad
- Rice, boiled or fried
- Bread

Desserts:

- Apple or cherry pie or tart or strudel
- Trifle, pavlova, meringue
- Ice-cream, sorbets (fluids)
- Fruit – no more than 2 serves of fruit a day – try watermelon, or half a small mango, or 1 small slice of rockmelon, or a small handful of cherries (~ 15-20 small) – these are also high in fluids too!!! Remember No More than 1 small serve of stone fruit per day, e.g. a small peach or plum or prune.
- OK to serve with a small amount of whipped cream or custard

AVOID

Nuts, potato chips & crisps, liquorice

Dried fruit such as raisins, sultanas, dates.

All fruit juices, punch made with juice

Fruit cake, Christmas pudding, fruit mince tarts, chocolate.

(also refer to your diet charts from your dietitian for details)



Snacks:

- Bread sticks, Panettone
- Rice crackers, prawn crackers
- Popcorn, corn chips, Pretzels
- Brandy snaps, shortbread
- Boiled lollies, marshmallows

Preparing meals for people on dialysis made simple:

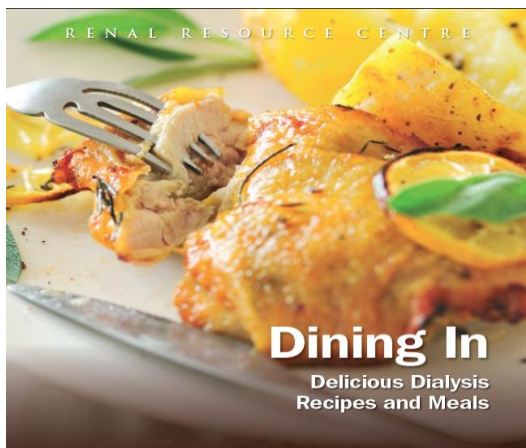
“Dining in: Delicious Dialysis Recipes and Meals”, this cookbook can show you recipes and practice tips to enjoy eating while on a dialysis program. This book was put together by a group of renal unit dietitians in NSW. It consists of more than 50 recipes modified from the all-time favourites.

It is available free of charge at:

http://kidney.org.au/cms_uploads/docs/rrc-dining-in-delicious-dialysis-meals.pdf

OR

To purchase a copy (\$10.00) from
http://kidney.org.au/cms_uploads/docs/kha-resource-order-form.pdf



*From your Renal Dietitians, SGH & TSH
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