

# Eating a more nourishing diet with kidney disease

How to add more energy  
and protein to your diet to meet  
your nutritional needs and recipe  
suggestions of nourishing foods  
to add to your meals.

## What is this information about?

This information gives you advice about adding more energy and protein to your diet to meet your nutritional needs. It includes recipe suggestions of nourishing foods to add to your meals.

## Why have I been given this information?

You have been given this leaflet because your appetite has reduced, or you may have noticed some weight loss.

During times of ill health, it is not unusual to have a poor appetite and eat less. This can lead to you losing weight.

Some people with kidney disease can experience a poor appetite, taste changes or nausea.

## What if I have other dietary recommendations?

If you are following any other dietary recommendations, please discuss this with your dietitian who can give you tailored advice.

## What can I do if my appetite is poor?

**You do not need to stick to your normal mealtime routine.**

- Eat little and often (every two to three hours) over the day, rather than aiming for three main meals.
- Have your main meal at a time when your appetite is best.
- Avoid skipping meals but have a smaller portion, snack, or nourishing drink instead.
- Remember that not eating can cause a low appetite.

### **Think about what you are eating:**

- Try cold or ready-to-eat foods that require little preparation that you can graze on throughout the day.
- For any dairy products, including milk, yoghurts and cheese, choose full fat versions, rather than 'low fat' or 'light'.
- Avoid drinking before or with meals as this can fill you up.
- If cooking is difficult, consider trying some supermarket ready-meals or a delivery from companies such as Wiltshire Farm Foods, Oak House Foods, Parsley Box or Cook.
- Take snacks when out and about and have snacks at home.

### **Think about how you're feeling:**

- If you feel sick around food or when eating, please seek advice from your GP.
- If the smell of food affects you, consider choosing cold or quick-to-prepare meals, or try to avoid the kitchen when food is cooking.
- Try to make sure the environment you are eating in is calm and pleasant.
- Making it social if you can. Eating with others can really help. Try visiting a café or eating a meal or snack out with friends and family.

# Ideas for meals and snacks

The following information gives some suggestions of light meals and snacks and how you can make these more nourishing. Try having a light meal or snack every two to three hours.

If you want to make your diet more nourishing but want to make sure you pick heart healthy options, speak with your dietitian.

Check with your dietitians before adding in these foods. Some of these foods are higher in potassium and if your potassium is raised you may need to be careful which you pick.

What could I have?	What can I add to make this more nourishing?
Breakfast style foods	
Toast, English muffin, pancakes, toasted teacake, fruit loaf, hot cross buns, brioche, waffles, crumpets, croissant or danish pastry, bagel.  French toast or eggy bread.  Omelette, scrambled, boiled, or fried egg, cooked breakfast.	Jam, honey, fruit curd, marmalade.  cheese, ham, pate, cream cheese.  nut butter, hummus, tzatziki, balsamic vinegar, and olive oil, sardines, smoked salmon, eggs, baked beans.
Cereal, porridge, overnight oats.	Yoghurt, fruit (for example raspberries or blueberries), stewed fruit, nuts, seeds, nut butter, cream or evaporated milk, sugar or honey. Full cream or whole milk.

Yoghurt, fromage frais, quark.	Fruit, nuts, seeds, or nut butter, honey, fruit compote, jam, chocolate spread.
Fresh, stewed, or tinned fruit	Yoghurt, Nuts, seeds, or nut butter crème fraîche, cream, evaporated milk, ice cream.
<b>Smaller meals or snacks</b>	
Crackers, breadsticks or cheese straws, oat cakes, rice cakes, crisp breads.	Cream cheese, hummus, olive oil, balsamic vinegar, mackerel or salmon pate, creamy oat spread, guacamole.
Samosa, quiche, sausage roll, pasty, savoury scone, pizza, spanish tortilla, frittata, omelette, savoury muffin, falafel, cocktail sausages, scotch egg, pikelets or potato cakes, miniature cheese.	Dressed salad, coleslaw, dips and sauces, butter or olive oil spread, cheese.
Tortilla wrap, chapattis, sandwich, crumpets, toasted pitta bread, toasted muffin, bagels.	Add extra salad cream, mayonnaise or coleslaw and fill with cold meats, smoked salmon, cheese, egg mayonnaise, hummus.
Salad	Add salad dressing, olive oil or salad cream/mayonnaise, Include boiled eggs, cold meats, cheese or fish and potatoes, rice, pasta or bread.

<p>Digestive biscuit, shortbread, cereal bar, flapjack, Cake, scone, teacake, mini donut, custard.</p>	<p>Nut butter, butter and olive oil spread, clotted cream, cream, jam.</p>
<p>Crumble, fruit pie, sponge, trifle, mousse, crème caramel, cheesecake, rice pudding, lemon tart, jelly.</p>	<p>Custard, crème fraîche, yoghurt, ice cream, evaporated milk, jam, or honey.</p>

## Where can I go for recipes and more food ideas?

**The Kidney Care UK, Kidney Kitchen**

[https://kidneycareuk.org/get-support/healthy-diet-support/](https://kidneycareuk.org/get-support/healthy-diet-support/kidney-kitchen/)

[kidney-kitchen/](https://kidneycareuk.org/get-support/healthy-diet-support/kidney-kitchen/) is an excellent source of information and recipes.

It is all freely available online and the Kidney Kitchen also provides recipe magazines which you can order online for free.

Ask to speak to a dietitian if you haven't already done so.

## Who can I contact if I need further information or advice?

**Renal Dietitians, Sussex Kidney Unit (Level 8)**

**The Royal Sussex County Hospital**

Eastern Road, Brighton, East Sussex BN2 5BE

You can contact the renal dietitians on:

**Email:** [uhsussex.renal.dietitians@nhs.net](mailto:uhsussex.renal.dietitians@nhs.net)

**Telephone:** [01273 696955](tel:01273696955) Ext. 64327

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