

Ideas for good foods to eat

Meat, fish, eggs, and vegetarian alternatives

Fresh meat, including beef, pork, lamb, chicken, turkey, rabbit, duck, tripe, oxtail.

Salty and processed meats such as burgers, sausages, ham, bacon, corned beef should be limited.

All white fish, e.g. cod, haddock, plaice, sole; fresh trout, tuna or salmon, tinned salmon, or tinned tuna.

Oily fish, e.g. tinned or fresh mackerel, sardines, pilchards; and shellfish, e.g. crab, prawns, is higher in phosphate, so if you follow a low phosphate diet you may have been advised by the dietitian to limit how often you eat these.

Up to 6 eggs per week.

Beans (e.g. kidney, black eye), lentils, and chick peas, can be eaten as a vegetarian alternative to meat or fish. If canned they should preferably be in unsalted water.

Baked beans are higher in salt so should be eaten in moderation, once or twice per week.

Dairy Foods

Dairy foods, including milk, cheese and yoghurts should be eaten in moderation - e.g. 2-3 portions per day. A portion is $\frac{1}{2}$ pint of milk, a small matchbox size piece of cheese (30g), 1 small pot of yoghurt, or a portion of rice pudding or custard.

If you follow a low phosphate diet, you may have been advised by the dietitian to limit these foods, so continue to follow their advice.

Potatoes and alternative starchy foods

Potatoes, yam, sweet potato, or plantain

Rice, pasta, noodles, cous cous

If you follow a low potassium diet, follow the advice of the dietitian about appropriate portion size for potatoes and the best way to cook potatoes.

Bread and alternatives

White, brown, granary, seeded or wholemeal sliced bread and rolls. Pitta bread, chapattis, tortillas. Crumpets, pikelets, English muffins.

Yorkshire Pudding, dumplings

Vegetables and salad

Most types of fresh or frozen vegetables, and salad vegetables are suitable.

If you follow a low potassium diet, follow the advice of the dietitian about appropriate lower potassium types of vegetables, and if you need to limit any higher potassium vegetables. They can also advise on the number of portions to aim for, appropriate portion sizes, and the best way to cook vegetables.

Fruit

Most fresh, frozen or tinned fruits are suitable. Drain the juice off tinned fruit.

If you follow a low potassium diet, follow the advice of the dietitian about appropriate portions sizes, lower potassium types of fruit, and any higher potassium fruits to be limited.

Cake and biscuits

These should be eaten within moderation as part of a healthy diet.

Most types are suitable, however if you follow a low potassium diet, cakes and biscuits containing fruit or vegetables, dried fruit, chocolate or nuts will be higher in potassium so may be best limited. Follow the advice of the dietitian.

Desserts and Puddings

These should be eaten within moderation as part of a healthy diet.

Most types are suitable, however if you follow a low potassium diet, desserts containing high potassium fruit or dried fruit, chocolate or nuts, will be higher in potassium so may be best limited. Follow the advice of the dietitian.

Savoury snacks

These should be eaten in moderation as part of a healthy diet. Many are salty, so try unsalted varieties

Most types are suitable, however if you follow a low potassium diet, potato and vegetable crisps, nuts, and Bombay Mix are higher in potassium, and may need to be avoided. Follow the advice of your dietitian. They will provide you with advice about lower potassium types, such as tortilla chips, and wheat, corn or maize snacks.