



Information for people in hospital with kidney disease and poor appetite - Making the most of your hospital food

Introduction

When you are unwell you may find your appetite is poor and you're not eating so well. The information in this leaflet is designed to help you make the most of the options available to you from the hospital menu.

When your appetite is poor we may encourage you to include foods that you don't normally eat. These foods may be higher in fat and sugar, and may include foods that you have previously been advised to restrict on your 'kidney diet'. This is to help increase your protein and energy intake that will help with your recovery. A dietitian is available to provide you with information tailored to your needs. Please ask a member of staff to refer you if you would like further information or guidance.

Meal choices from the menu



- ❖ Choose a cooked breakfast in addition to your cereal or bread.
- ❖ Include potato, rice or pasta with your main meal to increase the energy content.
- ❖ A sandwich, roll or wrap will provide more energy than a salad – or include bread and butter with your salad selection.
- ❖ Include a high calorie pudding, such as sponge pudding with custard or milk pudding in preference to fruit. Alternatively, add custard or cream to tinned fruit. Cream is available on the high calorie menu (available from the housekeeper).
- ❖ Choose extra bread and butter with your meal.
- ❖ Add sauces to your meal, such as mayonnaise and salad cream.

Snacks

- ❖ Snacks between meals can help to boost your overall intake.
- ❖ Include biscuit or cake - available on the tea trolley.
- ❖ The ward housekeeper can provide extra snacks of milk and cereal.
- ❖ The Dietitian can request additional snacks such as yoghurts, cheese and crackers, jelly and milk pudding.



Food from family, friends and care givers

- ❖ Encourage your visitors to bring in your favourite foods and snacks, such as sandwiches, cake and biscuits. Hot or chilled food items must be eaten straight away as we are unable to reheat or store these food items in a refrigerator.
- ❖ Non refrigerated items can be stored in your bedside cabinet.



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