

## Increasing your energy intake

Renal diet information from Edinburgh Royal Infirmary, [www.edren.org](http://www.edren.org)

Some patients with advanced renal failure do not eat well. It is important to have a nourishing diet, with enough protein and calories. If you don't, this information should help you. It may be possible to relax dietary restrictions for a short period until your appetite improves, discuss this with your dietitian. Try eating small meals and snacks more often.

### Helpful Hints to increase calories

- Add margarine, butter or cream to mashed potatoes and vegetables.
- Jams, marmalade, honey - spread thickly on bread or pancakes.
- Spread margarine/butter generously on bread, crackers, scones, and chapatti.
- Grate cheese over vegetables or add to sauces.
- Add margarine/butter or oil to cooked rice and pasta.
- Mix grated cheese or cream into soup or scrambled egg.
- Add cream or extra sugar to puddings, cereals or stewed/tinned fruit.
- When choosing yoghurts, avoid those which are labelled 'low fat; 'sugar-free' or 'diet'. Try Thick 'n Creamy or Rich and Creamy varieties.
- Add mayonnaise, salad cream and dressings generously to food.
- Frying food will increase the calorie content.
- Try to use a pint of ordinary full cream milk or fortified milk every day, in cereals, drinks, puddings etc. (check with your dietitian if you can increase your milk allowance).
- Use double cream in porridge, cereals, soups, milk puddings with tinned fruit and cakes.
- Fortify milk with skimmed milk powder.

### Supplements

If you are not able to meet your dietary needs and are losing weight, your dietitian will be able to advise you on nutritional supplements. Try not to have these supplements too close to mealtimes as they may spoil your appetite.