

## Patient information

# Low Phosphate Food Fortification & Snack Ideas

**Contact Dietitian..... Telephone Number .....**

If your appetite is poor and you are not eating as well as you would normally, the following tips will help to make your meals more nutritious without increasing the quantity of food eaten.

You may see low fat and reduced sugar foods being promoted as part of a healthy diet, however, for those who need a diet which is high in energy, these foods are not helpful. You should avoid any low-fat or reduced calorie (kcal) varieties of foods.

You can add extra calories and protein to the foods you already eat by using some of the following high calorie (kcal) nutrient dense foods.

### Food fortifiers to enrich meals

- 1 teaspoon butter or plant-based spread = 45kcal
- 1 tablespoon double cream (15ml) = 70kcal
- 1 shot of double cream (40ml) after a meal = 187kcal
- 1 tablespoon full fat mayonnaise (14g) = 101kcal
- 2 tablespoons full fat crème fraîche = 100kcal
- 1 tablespoon full fat cream cheese = 100kcal
- 3 tablespoons jam = 100kcal
- 2 tablespoons of honey = 128kcal
- 2 tablespoons of golden syrup = 100kcal
- 1 tablespoon oil (e.g. olive oil / rapeseed oil) = 100kcal

## Food Fortification Suggestions

### Breakfast

Food item	Fortify with
Cereal	Add honey*, jam*, golden syrup*, sugar*, cream
Porridge/ Weetabix	Add double cream, full fat sour cream or crème fraîche, honey*, jam*, golden syrup*, sugar*
Toast / Bagel / English muffin	Full fat spread / butter – double-spread toast (spread the first time, allow to soak in and then spread again) Full fat cream cheese, jam, egg**, full fat hard cheese***
Cooked breakfast	Cook with olive oil / rapeseed oil
Yoghurt	Jam*, honey*, golden syrup*, added cereals (without nuts)

### Main meals

Food item	Fortify with
Mashed potato	Mash with butter / full fat spread, double cream, full fat cream cheese
Vegetables	Add butter / full fat spread, olive oil, grate full fat hard cheese***
Potatoes	Roast potatoes and cook chips in fat such as oil, butter etc.
Scrambled egg	Add butter / full fat spread and cream
Pasta dishes	Double cream, full fat sour cream or crème fraîche, full fat cream cheese, bacon bits, olive oil

**Pro tip: Add sauces to meals such as mayonnaise, tomato ketchup, brown sauce, sour cream, chutneys, guacamole, coleslaw, peppercorn sauce.**

### Lunch / snack meals

Food item	Fortify with
Sandwiches / wraps	Full fat cream cheese, cottage cheese, full fat hard cheese***
Toast	Full fat spread / butter – double-spread toast (spread the first time, allow to soak in and then spread again) Full fat cream cheese, jam*, egg**, full fat hard cheese***
Salads	Olive oil, mayonnaise, full fat hard cheese***, full fat cream cheese, roasted vegetables, creamy salad dressing, carbohydrates (pasta, couscous, rice, noodles)
Soups	Add pasta, double cream, full fat sour cream or crème fraîche, croutons, olive oil. Serve with double-buttered bread
Jacket potatoes	Butter / full fat spread, full fat mayonnaise, full fat hard cheese***, coleslaw, tuna with full fat mayonnaise

## Desserts

Food item	Fortify with
Cake (plain sponge cake, Madeira cake, blueberry muffins) and Pies	Cream, jam*, marmalade, golden syrup*, honey*, butter / full fat spread, full fat cream cheese
Sorbet	Crushed meringues, candied fruits*, fresh fruits drizzled with honey*, full fat cream cheese
Meringue	Top with whipped cream, jam* and tinned or fresh fruits

## Snacks

Savoury	Sweets
Corn snacks e.g. wotsits, monster munch, tortillas, Doritos	Tinned fruit
Rice snacks e.g. snack-a-jacks, rice cakes	Fresh fruit e.g. apple, pear, satsuma / clementine / tangerine
Bread sticks	Cake e.g. plain sponge cake, Madeira cake, blueberry muffins
Popcorn - plain / sweet	Iced buns, jam donuts, jam tarts
Crackers / Oatcakes with butter and cream cheese	Biscuits e.g. shortbread, custard creams, digestives
Egg** / omelette / Quiche	Jelly / trifle / sponge pudding
Tinned spaghetti on buttered toast	Sweets / marshmallows / mints / boiled sweets
Sandwiches and wraps: Choose fillings such as: - Beef, chicken or turkey - Salad: lettuce, cucumber - Canned tuna / salmon (without bones), cucumber and full fat mayonnaise - Egg** and full fat mayonnaise	

**\* If you are diabetic, discuss the addition of honey, jam, syrups and sugar to your meals with your Renal Dietitian first**

**\*\* Aim to keep intake of eggs to no more than three to four a week.**

**\*\*\* Limit intake of hard cheese to a maximum of 4oz/113g per week (1oz/28g cheese is the size of a small matchbox)**

## Home-made nourishing drinks

If you are able to, aim to substitute one of your current drinks for a fortified version, it can be an easy way to increase calories in your diet with little effort.

The below can be used as a guide for creating your own balanced nourishing drinks.

Calories	Protein	Vitamins and minerals
Golden syrup*, Jam*, Honey*. Cream, full fat cream cheese. Fizzy drinks <sup>1</sup> such as lemonade, orangeade	Whole milk <sup>2</sup> , greek yoghurt <sup>2</sup> , organic soya milk, organic soya yoghurt, soya cream, full fat cream cheese, full fat crème fraiche, cream, custard <sup>2</sup> , ice cream*	Fruit (fresh, tinned, frozen) Fruit juice*

### Quick and easy nourishing drinks:

- Hot milky drinks – coffee and teas: Add double cream, sugar\*, coffee syrup\*, squirty cream and ice cream\* to add further calories.
- Fruit smoothie – blend fruits such as strawberries, watermelon, mango, apples etc. and add a scoop of ice cream\*, yoghurt, cream, honey\*; whisk or blend all ingredients together.
- Ice cream soda\* - This can be made by adding lots of ice cream<sup>2</sup> to a fizzy drink<sup>1</sup>.

1) Cola drinks and dark fizzy drinks are high in phosphate.

2) No more than half a pint of milk a day, including milk-based foods such as yoghurt, fromage frais, soya puddings, custard and ice cream etc.

**Extra reminder:** \* If you are diabetic, discuss the addition of honey, jam, syrups, ice cream, fizzy drinks and fruit juice to your meals with your Renal Dietitian first.

**Remember that nourishing drinks, soups, sauces, gravies will need to be counted in your fluid restriction.**

**You may need to increase your phosphate binders to help control your phosphate levels if you are incorporating more milk/cheese into your diet, but your Renal Dietitian will be able to advise you on this as your intake changes.**

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