

## Food bank guide for people living with chronic kidney disease (CKD)

Chronic kidney disease (CKD) has many different stages and will include those with early stage kidney disease and advanced stages of kidney disease as well as those who are receiving dialysis or have had a kidney transplant.

Each stage will have different dietary requirements, however, a low salt diet is common across all stages. Many people with kidney disease should also avoid eating foods that contain large amounts of potassium and phosphate. Therefore, this guide excludes foods that are high in salt, potassium and phosphate. **Please keep in mind that this is only a guide and not all people with CKD have the same dietary requirements.** It is at the person's discretion to choose foods that are not on the list if they wish.

Foods	Please include	Please leave out
Vegetables and potatoes	<ul style="list-style-type: none"> <li>• Fresh or frozen vegetables</li> <li>• Fresh potatoes</li> <li>• Tinned vegetables and potatoes canned in water</li> <li>• Tinned tomatoes/passata</li> </ul>	<ul style="list-style-type: none"> <li>• Spinach, parsnips, mushrooms, sprouts, butternut squash</li> <li>• Instant mashed potato</li> <li>• Chips or other processed or frozen potatoes (croquettes, waffles)</li> <li>• Frozen jacket potatoes</li> </ul>
Fruit	<ul style="list-style-type: none"> <li>• Fresh or frozen berries</li> <li>• Fresh apples, pears, satsumas, watermelon, and any other fruits not on the leave out list</li> <li>• Tinned fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Bananas, kiwi fruit, avocados, rhubarb, oranges, apricots</li> <li>• Dried fruits</li> </ul>
Bread/crackers	<ul style="list-style-type: none"> <li>• All bread</li> <li>• Crackers, oat cakes, rice cakes or crispbread</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit bread, malt loaf</li> </ul>
Breakfast cereals	<ul style="list-style-type: none"> <li>• Weetabix, Shredded Wheat, Cornflakes, Rice Krispies, oats, oat-based cereals, Ready Brek, Bran Flakes, Special K</li> </ul>	<ul style="list-style-type: none"> <li>• Cereal/Muesli/Granola containing nuts, dried fruit or chocolate</li> <li>• All Bran</li> </ul>
Rice, noodles, pasta	<ul style="list-style-type: none"> <li>• All plain noodles, rice, pasta, couscous, or other grains</li> <li>• Pre-cooked rice or grain pouches that are low in salt</li> <li>• Products with less than 1.5g of salt per 100g</li> </ul>	<ul style="list-style-type: none"> <li>• Quinoa, ready-prepared noodles, rice, couscous or pasta with a high salt content, pasta pots, flavoured rice pouches or any other grains in a flavoured pouch</li> <li>• Products with more than 1.5g of salt per 100g</li> </ul>
Baked beans/tinned spaghetti and pasta sauces	<ul style="list-style-type: none"> <li>• Lower salt varieties of baked beans or tinned spaghetti*</li> <li>• Lower salt soups*</li> <li>• Lower salt pasta sauces, casserole or curry sauces*</li> <li>• Products with less than 1.5g of salt per 100g</li> </ul> <p>*Avoid products containing potassium chloride or LoSalt</p>	<ul style="list-style-type: none"> <li>• Baked beans/tinned spaghetti</li> <li>• Tinned soups</li> <li>• High salt pasta sauces (for example cheesy sauces, some curry sauces)</li> <li>• Products with more than 1.5g of salt per 100g</li> </ul>

Foods	Please include	Please leave out
Beans, pulses, fish, eggs, meat and other proteins	<ul style="list-style-type: none"> <li>• Tinned beans and pulses canned in water or dried beans and pulses</li> <li>• Fresh or frozen meats, eggs, fresh or frozen fish</li> <li>• Tinned fish in spring water or oil</li> <li>• Meat alternatives low in salt such as Quorn, soya, and tofu</li> </ul>	<ul style="list-style-type: none"> <li>• Tinned beans and lentils with added salt</li> <li>• Edamame, Aduki, Pinto beans</li> <li>• Pigeon peas</li> <li>• Fish tinned in brine</li> <li>• Tinned meats</li> <li>• Nuts</li> </ul>
Dairy and dairy alternatives	<ul style="list-style-type: none"> <li>• Milk or milk alternatives, yoghurts, fromage frais, soft cheeses such as cream cheese and cottage cheese</li> <li>• Cream</li> <li>• Hard cheese</li> <li>• Ready-made/instant custards, rice puddings or other milk puddings</li> </ul>	<ul style="list-style-type: none"> <li>• Powdered milk, condensed milk, evaporated milk, processed soft cheese</li> </ul>
Biscuits and crisps	<ul style="list-style-type: none"> <li>• Plain biscuits such as Rich Tea, Digestives, Shortbread, Chocolate Chip, Ginger Nuts, chocolate covered biscuits (for example two finger KitKat), Custard Creams, Jammie Dodgers</li> <li>• Popcorn</li> <li>• Wheat or corn-based crisps*</li> </ul> <p>*Avoid products containing potassium chloride or LoSalt</p>	<ul style="list-style-type: none"> <li>• Double Chocolate Chip cookies, biscuits containing nuts, dried fruit, solid chocolate bars, thickly covered chocolate biscuits (for example KitKat Chunky), Bourbons</li> <li>• Potato crisps</li> <li>• Bombay mix</li> <li>• Liquorice</li> </ul>
Puddings and cakes	<ul style="list-style-type: none"> <li>• Plain cakes and puddings (for example Madeira, lemon and ginger cakes)</li> <li>• Syrups and sauces are generally fine</li> <li>• Jelly</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit cakes, chocolate cakes or puddings, and cakes or puddings containing nuts</li> </ul>
Drinks	<ul style="list-style-type: none"> <li>• All types of tea</li> <li>• Coffee</li> <li>• Cranberry juice</li> <li>• Squash</li> </ul>	<ul style="list-style-type: none"> <li>• All other fruit or vegetable juices</li> <li>• Hot chocolate</li> <li>• Malted drinks</li> </ul>
Miscellaneous	<ul style="list-style-type: none"> <li>• All jams</li> <li>• Honey</li> <li>• Reduced salt gravy*</li> <li>• Low salt or zero salt stock cubes*</li> <li>• Tomato puree</li> <li>• All dried herbs and spices</li> </ul> <p>*Avoid products containing potassium chloride or LoSalt</p>	<ul style="list-style-type: none"> <li>• Peanut butter</li> <li>• Chocolate spread</li> <li>• Yeast extract</li> <li>• Dried fruit</li> <li>• Gravy or stock cubes/jellies</li> <li>• Olives, capers</li> <li>• LoSalt or similar products</li> </ul>

\* Potassium additives are normally listed in the ingredients.