



# Kidney Matters®

The Newsletter of the  
Queen Elizabeth Hospital Kidney Patients' Association  
December 2024

VISIT [www.kidneymatters.co.uk](http://www.kidneymatters.co.uk)

## Queen Elizabeth Hospital Kidney Patients' Association

The Patients' Association is for all Renal Patients treated by the Q.E. Hospital.  
Patients on HHD, Transplant and PD

Dialysis Units at Aston, Great Bridge, Woodgate, Kings Norton, Smethwick, Sparkhill, Redditch,  
Worcester, Hereford, Llandrindod Wells, and U.H.B.

**Kidney Matters** is distributed free to over 2700 Renal Patients treated by the Q.E. Hospital

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## Welcome to the Christmas edition of Kidney Matters®

**We would like to wish you all a very Happy  
Christmas and a very good New Year**

We have included in this edition of our newsletter copies of the Renal Dietitians advice about eating well over the festive period. We hope you enjoy the recipes that are included.

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## Fund Raising for the Queen Elizabeth Hospital Kidney Patients' Association



We were very pleased to be informed that next year's Captain of Marstonlakes Golf Club has chosen the Queen Elizabeth Hospital Kidney Patients' Association as his charity of the year.

His son's partner is a renal patient at the Queen Elizabeth Hospital and he decided that this was a worthwhile charity to support.

We wish him well for the year and thank him and the Golf Club in supporting us this year.

## Renal Wards 303 and 305

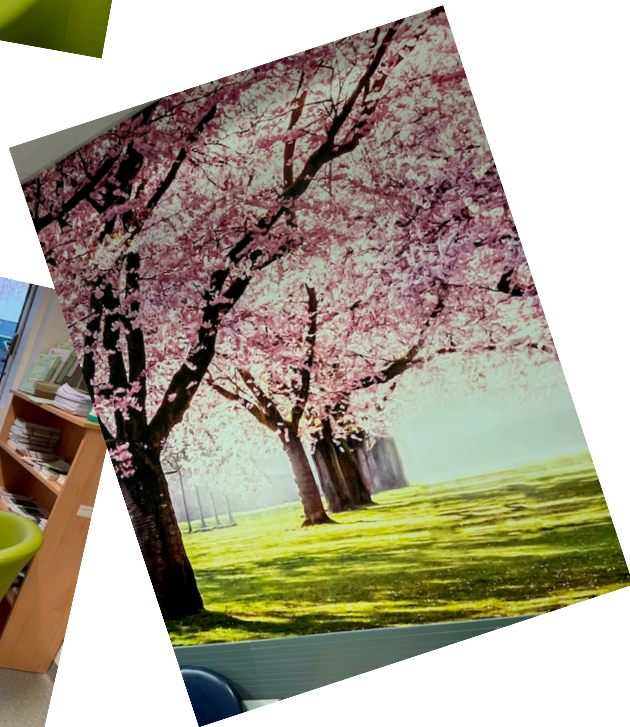
The Queen Elizabeth Hospital Kidney Patients' Association had agreed to pay for the refurbishment of the Patient Day Room on Ward 303 and 305. This project had to be stopped due to covid.

We are very pleased to hear that it has now taken place. It has been re decorated and new furnishings with table and chairs and some patient entertainment.

The room will be for renal patients use, it will be a change for them to be able to sit in an area away from their bed

## These are some pictures of the finished Day Rooms

BEFORE REFURBISHMENT



We hope the patients enjoy the new areas

# Thanks to those who have made donations to the Queen Elizabeth Hospital Kidney Patients' Association

The Q.E.H.K.P.A. thank all of you who have raised money or donated to us over recent months and years.

Your generosity has been tremendous and very welcome. It helps us continue our support for the Renal Patients and the Renal Departments at the Queen Elizabeth Hospital.

## In Memorium

The Queen Elizabeth Hospital Kidney Patients' Association conveys our deepest sympathies to those families who have sadly lost a loved one and thank them for their very generous donations in their memory.

## Contacts for the Q.E.H.K.P.A.

Please phone, write or email if you need information or help

### Chairman/Kidney Matters Editor

Nick Flint  
9 Brookhouse Road  
Walsall WS5 3AE  
Tel:- 07720597468  
Email [nick.flint@live.com](mailto:nick.flint@live.com)

### Secretary

Joan Ingram  
6 Cremorne Road  
Sutton Coldfield  
West Mids B75 5AW  
Tel:- 0121 308 0024

### Treasurer

Len Ingram  
6 Cremorne Road  
Sutton Coldfield  
West Mids B75 5AW  
Tel:- 0121 308 0024

## Thank you all again for your support.

### Recent expenditure on projects

We have donated over £60,000.00. towards the Birmingham Transplant centre, Decorated Patient Day Rooms £12,000.00, Given exercise Balls for helping Patients after having fistula's cost of £500.00 and Lunchtime parties at some of the Dialysis units £650.00

These are just some of the areas we have been able to support thanks to the very generous donations we have received.

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## General Information about the Q.E.H.K.P.A.

Please look out for the New Patient Information section on our Website [www.Kidneymatters.co.uk](http://www.Kidneymatters.co.uk).

Good News, All the Renal Patient Information Booklets are available now and able to be viewed or downloaded.

Renal Information is on the website, go to [www.kidneymatters.co.uk](http://www.kidneymatters.co.uk) and then too Patient Information.

If anyone would like to offer their help and support in the running of the K.P.A. we would be pleased to hear from you. Either a patient or family member or just want the help Renal Patients and the Renal Department at the Queen Elizabeth Hospital.

Please send an email to me at [QEHKPA@GMAIL.COM](mailto:QEHKPA@GMAIL.COM) with your interests.

THANK YOU

**Dietary information for renal patients**

If you visit our website [WWW.kidneymatters.co.uk](http://WWW.kidneymatters.co.uk) there are several other dietary information sheets which you may find of interest. If you need further advice about healthy eating, please contact your Renal dietitian at your clinic or your dialysis unit.



## **Low Potassium Christmas Cake Recipe**



### *Ingredients:*

4oz/ 110g Butter  
4oz/ 110g Brown Sugar  
8oz/ 230g Self Raising Flour  
½ tsp Mixed Spice  
½ tsp Grated Nutmeg

4oz/ 110g Mixed Peel  
4oz/ 110g Glace Cherries (Quartered)  
5oz/ 140g Prunes (Drained and Chopped)  
2 Eggs

### *Method*

1. Cream the butter and sugar until soft and fluffy.
2. Sieve the flour and spices together.
3. Add the eggs one at a time, beating well (add a little of the flour with the eggs if needed).
4. Fold in the flour and when mixed well, add the prunes, cherries and mixed peel.
5. Beat well, adding a little water until a dropping consistency is achieved.
6. Place in a lined 2lb loaf tin and bake at 160°C for approximately 1½hrs.
7. Cake is cooked when firm to touch or skewer comes out clean.
8. This cake can be frozen.



*Kindly donated by a patient from  
Gloucester Royal Hospital*

## **Mock Marzipan**

### *Ingredients:*

4oz/ 120g Unsalted Butter  
8oz/ 250g Castor Sugar  
100mls Water

8oz/ 250g Semolina  
4 tsp Almond Essence  
Grated rind of one lemon

### *Method:*

- Heat water and let butter melt in it. Add sugar and lemon rind and heat until sugar has dissolved.
- Add semolina and stir over gentle heat for 5 minutes or less until semolina is cooked.
- Stir in essence.
- Pour into a dish and chill further until firm enough to roll out. Use icing sugar to help roll out and cover Christmas cake.
- Ice cake in usual way with ready roll or glaze icing.

# Festive Drinks



Remember to include all drinks in your fluid allowance.

If you have DIABETES always eat some carbohydrate when you drink alcohol to prevent a drop in your blood glucose level.

## ALCOHOLIC DRINKS – NOT HIGH in POTASSIUM

- Bailey's
- Martini / Vermouth
- Gin
- Rum
- Vodka
- Whisky
- Bacardi
- Brandy
- Liqueur (in small amounts)

## SOFT DRINKS / MIXERS (sugar free / diet for diabetics) NOT HIGH in POTASSIUM

- Cola
- Lemonade
- Tonic Water
- Bitter Lemon
- Ginger Beer / Ale
- Soda Water
- Red Bull
- Lime Cordial
- Peppermint Cordial
- Orange Squash

## Festive Drinks Which Are High in Potassium

These drinks are **high in potassium**. If you are on a potassium restriction you will need to swap them for your usual fruit or vegetables e.g. swap 1 apple for 1 glass dry white wine.

### ALCOHOL

- 1 glass Beer / Lager (300ml)
- 1 glass Pale Ale / Stout / Bitter / low alcohol Lager (200ml)
- 1 small glass red wine / sweet white wine / Barley Wine (125ml)
- Sweet Sherry / Port (100ml)
- 1 glass medium or dry white wine / sparkling white wine / rosé (175ml)
- Dry or Medium Sherry (125ml)
- 1 Glass Cider (150ml)

### HINTS FOR FLUID CONTROL

- Normally spread your fluid allowance over the day but if going to a social event save some of your fluid to allow for drinks whilst you are out.
- Limit salty foods, e.g.: cheesy biscuits, crisps, as they will make you thirsty.
- Use boiled sweets\* or mints\* to moisten your mouth.
- Try sucking ice cubes – they last longer than water, or try flavouring them with lemon juice or squash\*.
- Suck cold fresh lemon or lime slices – they help stimulate saliva.
- Use a few canned pineapple chunks that have been chilled in the fridge.

*\*If you have diabetes choose sugar free or diet products.*

Information provided by Queen Elizabeth Hospital Birmingham Renal Dietitians  
Diet sheets funded by Queen Elizabeth Hospital Kidney Patients' Association



# Dialysis Festive Feastings



Christmas is here and everyone looks forward to enjoying festive food & drinks with their family and friends! Even with your special dietary needs, you should still be able to enjoy the Christmas festivities.

## *Potassium*

Christmas is a time to treat yourself, however if you have trouble controlling your potassium level you will need to be especially careful over Christmas. Many traditional Christmas foods such as mince pies and Christmas puddings are high in potassium and should be taken with caution. There are many good alternatives that are lower in potassium. Try to choose foods that contain very little or no dried fruit, nuts or chocolate and drinks that are lower in potassium.

You can still have some high potassium foods and drinks but limit the size of your portions and how frequently you have them. Foods high in potassium could be swapped for your daily fruit & vegetable portions.

Your Dietitian can give you a more detailed list of potassium options.

### ***Festive foods high in Potassium***

Christmas pudding, Christmas Cake,  
Mince pies  
(Limit to one of these a day e.g. 1 mince pie or 1 slice of cake or 2 tbsp Christmas pudding)

Dried fruit  
Chocolate  
Crisps  
Bombay mix  
Nuts

Green banana/ plantain/ bread fruit

### ***Festive Foods lower in Potassium***

Trifle\*  
Ice cream  
Meringues\*  
Cream Cake or gateau\*  
Shortbread\*  
Turkish delight\*  
Pop corn  
Corn snacks eg. Skips, Wotsits, Doritos,  
Sunbites, monster munch  
Pretzels, breadsticks

**\*If you have Diabetes, choose lower sugar varieties.**

### ***Festive drinks high in Potassium***

Fruit & vegetable juices  
White or red wine  
Beer & Ale  
Lager & cider  
Coffee, cappuccino

Dry, sparkling wine & sherry are lower in potassium, but still need to be taken in moderation.

Mix spirits with fizzy drinks or water.  
Traditional Afro-Caribbean punch – better with Jamaican lemonade

### ***Festive drinks lower in Potassium***

Flavoured water  
Lemonade,  
Cola\*, Bitter Lemon\*  
Tonic water, Soda Water  
Ginger beer/ ale\*  
Cordial/ squash\*  
Spirits eg. brandy, whisky, vodka  
Gin, Rum, Bailey's  
Martini/ Vermouth

**\*If you have Diabetes, choose lower sugar varieties.**

## Fluid

Try to keep to your daily fluid allowance over the festive period and remember that gravy, soups, sauces and custard are also considered as fluids. Some foods are very salty eg. Crisps, bacon, salt fish, savoury snacks and could make you feel thirsty. Try to limit these foods or you'll want to drink too much and you could run the risk of fluid overload.

## Phosphate

If you need to watch your phosphate intake you should limit the intake of cheese, milk, nuts and chocolate over Christmas. But most important – do not forget to take your phosphate binders! Your eating pattern may change during the festive period and you might need to split the dose differently. When eating out remember to take your phosphate binders with you.

### Suggested Menu



#### Starters

Prawn Cocktail  
Pate with toast or crackers  
Caesar Salad  
Egg Mayonnaise  
Smoked Salmon

#### Main courses

Roast Turkey/ Beef/ Chicken/ Lamb/ Goose or Duck served with accompaniments eg.  
Small portion of sage & onion stuffing and one of the following: mint sauce/ horseradish sauce/ cranberry sauce/ apple sauce/ bread sauce  
3 Small boiled potatoes or 2 small Roast potatoes(parboiled)  
Small portion of high potassium vegetable eg. Brussel sprouts/ parsnips/sweet corn  
Portion of lower potassium Vegetables eg. Carrots/cabbage/turnip/broccoli/cauliflower  
Sausage or bacon roll or Yorkshire pudding  
Small portion of gravy

#### Desserts

Small portion of Christmas pudding(without nuts) – 2 tablespoons only as high in potassium  
Brandy sauce, butter or cream  
Apple Pie & Custard, ice cream or cream  
Brandy snaps & Cream/ Ice cream  
Meringue/ cream with small amount of fruit  
Gateaux – avoid excess chocolate & nuts  
Trifle  
Ice Cream  
  
Cheese & biscuits  
Tea & Mince Pie

*Asian:* Tandoori Meat/ Fish/ Chicken Curry & Chapattis/ Rice/ Noodles

*Afro-Caribbean :* Traditional roast dinner or rice/ peas etc – limit beans and boil vegetables well



## FESTIVE OPTIONS

The foods below are high in potassium so you need to swap them for your usual vegetable or fruit portions as advised by your dietitian

### REMEMBER

You may have up to 4 portions daily, which may be made up of fruit, vegetables or festive options

**Each food below can be swapped for 1 portion of potassium:**  
( eg swap 1 apple for 1 small cup of coffee)

- Christmas cake – 1 small piece (50g)
- Christmas pudding – 2 tablespoons (40g)
- Coffee – 1 small cup
- Cream filled chocolates – 8
- Chocolate covered caramels – 6
- Milk/ plain/ white chocolate – 6 squares of a small bar
- Mince pies – 1 medium
- Stollen cake – depending on dried fruit & marzipan content- 1 slice



- Chestnuts, walnuts, pecan nuts, macadamia nuts – 30g
- Potato crisps, potato rings, Pringles, twiglets –20g
- Sunflower, sesame or pumpkin seeds – 1 tablespoon
- Peanuts, cashew nuts, pistachio nuts – 1 dessertspoon
- Sev, ganthia, or Bombay mix – 2 tablespoons
- Burfi or phendha – 1 small piece

- Sweet sherry, red wine, sweet white wine, port – 1 small glass (100mls)
- Dry white wine, sparkling white wine, Rose wine – 1 medium glass (125mls)
- Beer, lager – ½ pint glass ( 300mls)
- Pale ale, stout, Bitter, low alcohol lager – 1/3 pint glass (200mls)
- Cider – small glass (150mls)



**Lower Potassium Choices- see Party Food List**



## PARTY FOOD for those on DIALYSIS



### Savouries:

Quiche – eg: cheese & ham, onion (avoid excess mushrooms, spinach, tomatoes)  
Sausage rolls, pork pie, bacon wrapped sausages  
Bread sticks, cheese sticks, cheese spirals  
Cocktail sausages, cream cheese, pineapple, cheese on sticks  
Chicken drumsticks, chicken vol-au-vents (avoid mushrooms)  
Satay sticks, samosas (boil vegetables & potatoes first) – avoid peanut dips  
Ham cornets with cream cheese & chives/herbs/pineapple



**Sandwiches** – any type of bread – white, brown, granary,  
Pitta, ciabatta, naan, etc

Fillings: chicken & mayo, ham & mustard, cheese & pickle, chicken tikka, tuna & cucumber, pork & stuffing, egg & cress, beef

Salad – lettuce, cucumber, cress, thinly sliced red or green pepper - limit tomato

Crackers - cream, water biscuits, Cornish wafers, Tuc etc  
(avoid oatcakes & Ryvita)

Wheat, corn snacks – Sunbites, Doritos, Skips, Wotsits, Nik Naks

Dips – cream cheese & chives, cheddar, mint, garlic, cucumber, yoghurt

Pizza, Popcorn, puffed rice

Pakoras, Bhadji – use wheat or rice flour instead of gram flour, boil vegetables first Kachori ( no Sultanas) / Puri – made from plain flour

Crusty bread + butter



**Desserts** - (NB: People with diabetes should limit sugary foods)

Ice cream, brandy snaps, meringue & cream (with Baileys if you like!)

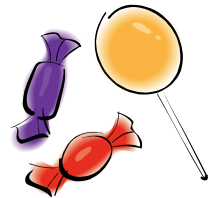
Trifle (limit the sherry!)

Cheesecake, Gateau - fruit type, Sponge, Madeira cake

Treacle tart & cream, Lemon meringue pie, Profiteroles, Apple pies, cream or custard

Donuts, jam tarts, egg custard, cream cakes, Iced fondant cakes, Battenburg

Assorted cream, jam filled biscuits, wafers, iced biscuits, Shortbreads



Halwa, Jellabi, Gulab jamen

Boiled sweets, fruit pastilles, fruit jellies, Turkish Delight (no nuts), marshmallows, peppermints, sherbert sweets, jelly babies, jelly slices, butterscotch, mints

*Information provided by Queen Elizabeth Hospital Dietitians*



If you wish to contact the Queen Elizabeth Hospital Kidney Patients'  
Association our email address is [gehkpa@gmail.com](mailto:gehkpa@gmail.com)  
or Phone Nick Flint on 07720597468