
Adding Calories to Your Renal Diet

When you have kidney disease you have higher energy needs so you need to eat extra calories.

Foods that can provide extra calories are:

- fats and oils
- simple sugars
- complex carbohydrates called starches

The best way to get extra calories is to add one or more of these types of food to whatever you are eating. Add them at meals and snack times. For example, combine simple sugars and fats or oils with your starch or protein food. See the back page for examples.

Fats and Oils

Some examples are butter, vegetable oils, mayonnaise and cream cheese. Non-Hydrogenated margarine is best.



Simple Sugars

Some examples are white sugar, icing sugar, honey, jam, jelly, marmalade, jelly beans, hard candy and gummy candy.



Starches

Some examples are white bread, plain bagels, crackers, unsalted pretzels, popcorn, muffins, rice cakes, rice and pasta.



If you have questions about adding calories to your renal diet, call your dietitian:

Name: _____ Telephone: _____



more helpful hints on back →

Some ways to add calories

- Add honey, jam, jelly or marmalade to bread, toast and crackers at every meal.
- Add extra, unsalted margarine or unsalted butter to bread, toast, rice, pasta and vegetables at meals and snack time.
- Add extra mayonnaise to sandwiches.
- Add cream cheese to bread, crackers and mashed potatoes. Be sure to double-boil potatoes.
- Substitute non-dairy coffee creamer in liquid or frozen form, for water in recipes. You can do this for hot cereals, soups or casseroles.
- Add extra fat such as whipped topping, oil or cream to desserts such as pound cake, sponge cake or homemade white cake.



Snacks

- salt-free pretzels, apple chips, unsalted bagel chips
- bread, unsalted crackers or unsalted rice cakes with margarine and jelly or honey
- marshmallows, graham crackers, tea biscuits, vanilla wafers
- arrowroot cookies, shortbread cookies
- plain muffins, croissants, tortillas
- ice cream cones, dry cereals such as Rice Krispies, Cornflakes, Fruit Loops, Special K, Lucky Charms
- krispie rice squares, jelly beans, gum drops, hard candy, gummy candies (such as gummy bears)



Food you need to count as liquids

These foods have extra calories, but must be counted toward your daily liquid allowance:

- regular soft drinks – Do not have colas, Dr. Pepper or Rootbeer
- fruit flavoured drinks
- lemonade
- cranberry juice cocktail
- popsicles and freezies



Food Supplements

You can buy high calorie nutritional supplements such as Nepro, Resource 2.0, Ensure Plus, Boost Fruit Flavoured Beverage or High Protein Pudding from the drug store or grocery store.