

Adding Calories to Your Renal Diet

When you have kidney disease you have higher energy needs. Some people may 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 meals and snacks. For example, combine simple sugars and fats or oils with your starch or protein food. See the back page for examples.

Fats and Oils

Examples: olive oil, vegetable oils, butter, non-hydrogenated margarine, mayonnaise and cream cheese.



Simple Sugars

Examples: white sugar, icing sugar, honey, maple syrup, jam, marmalade, jelly beans, hard candy and gummy candy.



Starches

Examples: white bread, plain bagels, crackers, unsalted pretzels, popcorn, homemade muffins, rice cakes, rice and pasta.



If you have diabetes:	If you have heart disease:
<p>Use fats, oils and some starches to add calories.</p> <p>Adding too many simple sugars to your diet will cause higher blood sugars.</p>	<p>Choose heart healthy fats such as olive oil, vegetable oils and non-hydrogenated margarine.</p>

Some ways to add calories

- 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 unfortified rice milk for water in recipes. You can do this for hot cereals, soups or casseroles.



More ways to add calories

- Add extra fat such as whipped topping, oil or cream to desserts such as pound cake, sponge cake or homemade white cake.
- Choose higher fat dairy products such as milk and yogurt.
- Prepare foods by basting, crisping or frying, sautéing, or adding homemade, low salt gravies to meats
- If you get full quickly, eat the higher calorie foods first.

Recipes

Try some kidney-friendly recipes (www.davita.com) to add extra calories to your diet.

- Breakfast burritos with eggs. Add shredded cheese if you like.
- Stuffed French toast with cream cheese and jam
- Pasta with cream cheese sauce and pesto. Cook vegetables and meats in oil.

Snacks

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



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
- juice cocktails, fruit flavoured drinks, lemonade
- popsicles and freezies



Food Supplements

You can buy high calorie nutritional supplements such as Nepro, Resource 2.0, Ensure or Boost Plus, Glucerna, Boost Fruit Flavoured Beverage or High Protein Pudding from the drug store or grocery store. Your dietitian may be able to offer you coupons to help make supplements more affordable.

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

Name: _____ Telephone: _____