

Foodbank guide for those 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"> • Fresh or frozen vegetables • Fresh potatoes • Tinned vegetables and potatoes canned in water • Tinned tomatoes, passata, tomato puree 	<ul style="list-style-type: none"> • Spinach, parsnips, mushrooms, sprouts, butternut squash, cassava, plantain • Instant mashed potato • Chips or other processed or frozen potatoes (croquettes, waffles) • Frozen jacket potatoes
Fruit	<ul style="list-style-type: none"> • Fresh or frozen berries • Fresh apples, pears, satsumas, grapes, watermelon, and any other fruits not on the leave out list • Tinned fruit 	<ul style="list-style-type: none"> • Bananas, kiwi fruit, avocados, rhubarb, oranges, apricots, mangoes, papaya • Dried fruits, dessicated coconut • Tinned prunes
Bread/crackers	<ul style="list-style-type: none"> • All breads and flatbreads (pita, tortillas, chapati, naan) • Crackers, oat cakes, rice cakes or crispbread 	<ul style="list-style-type: none"> • Fruited breads, malt loaf
Breakfast cereals	<ul style="list-style-type: none"> • Weetabix, Shredded Wheat, Cornflakes, Rice Krispies, oats, oat-based cereals, Ready Brek, Bran Flakes, Special K 	<ul style="list-style-type: none"> • Cereal/Muesli/Granola containing nuts, dried fruit or chocolate • All Bran
Rice, noodles, pasta	<ul style="list-style-type: none"> • All plain noodles, rice, pasta, couscous, or other grains • Wheat flour, chapati flour, rice flour, semolina, cornmeal, bulgar wheat • Pre-cooked rice or grain pouches that are low in salt • Products with less than 1.5g of salt per 100g 	<ul style="list-style-type: none"> • 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 • Products with more than 1.5g of salt per 100g
Baked beans/tinned spaghetti and pasta sauces	<ul style="list-style-type: none"> • Lower salt varieties of baked beans or tinned spaghetti* • Lower salt soups* • Lower salt pasta sauces, casserole or curry sauces* • Products with less than 1.5g of salt per 100g <p>*Avoid products containing potassium chloride or LoSalt</p>	<ul style="list-style-type: none"> • Baked beans/tinned spaghetti • Tinned soups • High salt cooking sauces (for example cheesy sauces, pasta sauces, curry sauces, Chinese sauces) • Products with more than 1.5g of salt per 100g

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

* Potassium additives are normally listed in the ingredients.