

# Tips For People with Nausea



- Eat in a quiet place away from strong smells. Open a window.



- Avoid spicy and fatty foods, as well as foods with a strong smell.



- Choose plain foods like toast, bagels, crackers and rice.



- Choose cool or room temperature foods (such as boiled eggs, cheese, or meat sandwiches); do not leave food out of the fridge for more than 2 hours.



- Try candied ginger, ginger cookies, ginger tea or ginger ale.



- When you do not have nausea — eat!



- Allow someone else to do the cooking.



- Do not lie down right after your meal.



- Take good care of your mouth and teeth.



- Talk to your kidney doctor about medication to decrease nausea.

# Tips For People with Poor Appetite



- Eat small high calorie meals and snacks, every 2-3 hours.



- Set an alarm to remind you to have a meal and/or snack.



- Eat larger portions when your appetite is better.



- Eat with family or friends.



- Do not drink liquids with meals; they can fill you up quickly.



- Ask your dietitian about using a nutrition supplement.



- Talk to your doctor, nurse or dietitian if you often have constipation

# Taste Changes



- Brush your teeth and tongue more than usual.



- Use plastic utensils to help reduce metallic taste.



- Rinse your mouth often: before and after meals, with fluids such as tap water, club soda, or mineral water.



- Serve food cold or at room temperature; do not leave food out of the fridge for more than 2 hours.



- Try applesauce, mint jelly, red pepper jelly or cranberry sauce with meat or poultry.



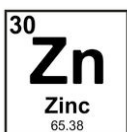
- If food tastes too salty, try adding sugar or honey.



- Use salt-free seasonings to add flavor to food. Talk to your dietitian for ideas.



- Contact your dentist or doctor if you have a “moldy” or “rotten” mouth taste.



- Ask your kidney doctor about trying a zinc supplement.

# Tips to Increase Calories



- Add soft margarine, healthy oil or butter to hot cereal, toast, cooked vegetables, rice, and pasta.



- Use larger amounts of full-fat salad dressing and mayonnaise on salads and in sandwiches.



- Add full-fat sour cream to salad dressings, pasta and vegetables and use it as a dip for fruit and vegetables.



- Try whipping cream as a topping on cake, fruit and gelatin desserts.



- Use cream instead of milk on cereal and in recipes.



- Add full fat, pasteurized cheeses like Havarti, cheddar or cream cheese to pasta, rice, cooked vegetables and bread products.



- Add honey, sugar or syrup to hot drinks, cereal, pancakes and waffles.



- Spread jam, jelly, marmalade or honey on toast, bagels, muffins, rolls and crackers.



- If you have diabetes, speak to your dietitian about adding sugars.



- Ask your dietitian about using a nutrition supplement.

# High Calorie Kidney-Friendly Meal and Snack Ideas



- Bagels**  
**Bread**  
**Croissants**  
**English muffins**  
served with:
- butter
  - soft margarine
  - cream cheese
  - jam
  - jelly or
  - honey



- Quick plain oats**  
**or cream of wheat**  
prepared with:
- cream or unenriched rice milk and
  - added dried cranberries or frozen blueberries



- Scrambled eggs**  
**Omelettes**  
**French toast**  
**Pancakes**  
**Rice Krispies™**  
**Squares**



- Sandwiches**
- grilled cheese
  - tuna
  - egg salad
  - chicken salad




- Pasta or rice casseroles**  
made using:
- left-over cooked chicken
  - low-sodium canned tuna or salmon



- Hot or cold cooked pasta**  
with:
- meat or chicken
  - drizzled with olive oil and
  - seasoned with fresh or dried herbs

**Homemade snack mix made from:**

- Kellogg's Crispix™ 
- Quaker Corn Bran™
- Post Original Spoon Size Shredded Wheat™
- dried cranberries and pineapple



- Loaves**
- lemon
  - zucchini
  - sour cream
  - pineapple
  - cherry



- Muffins**
- berry
  - apple
  - oatmeal
  - lemon
  - cherry
  - cranberry
  - pineapple



- Cookies**
- arrowroot
  - digestives
  - oatmeal
  - social teas



- Yeast donuts**
- glazed
  - crullers
  - apple fritters



- Cake**
- pound
  - angel
  - lemon
  - spice
  - jelly roll



- Pie**
- apple
  - cherry
  - blueberry
  - cranberry
  - lemon meringue



Consider using a meal delivery program. Ask your dietitian for ideas.