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.