Introduction

Many people on a renal diet must limit what foods they eat, which may cause them to eat fewer calories than usual. This may lead to a lack of variety in your diet, a poor appetite, and even weight loss. So here are some suggestions:

You can **regularly** add snacks, desserts, or candy to your renal diet if:
- Your weight is in the normal range, and/or
- You need to gain weight

You should only **occasionally** eat snacks, desserts, and candy on your renal diet if:
- You need to lose weight, and/or
- You have diabetes that is not well controlled

Snacks

**Low protein snacks** are recommended for individuals who have chronic kidney disease **not yet on dialysis.** Too much protein can worsen your kidney function.

- **Fruit:** apples and applesauce, grapes, fruit cocktail, canned pears, pineapple or tangerine
- **Vegetables:** (1/2 cup=1 serving) coleslaw, cucumber and onion salad, baby carrots, celery sticks.
- **Starches:** low sodium or unsalted crackers, pretzels, and popcorn; rice cakes, 1/2 English muffin or bagel.

**High protein snacks** are suggested for individuals who are **receiving dialysis** treatments. Extra protein is needed to help you stay healthy. Snacks can be very helpful before and after dialysis if you are going to miss a meal. Healthy snack suggestions include:

- **Meat sandwiches** (½ or whole)
- **Low-salt cottage cheese** and fruit or low-salt crackers
- **Meat/egg/fish salads** (chicken, turkey, tuna, shrimp, crab)
- **Deviled eggs**
- **Pudding/custard** made with non-dairy creamer, almond or rice milk
- **Nutrition supplements** drinks or snacks

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Remember to take your binder(s) with these snacks since they contain phosphorus.

If you have questions or need additional information, please contact your renal dietitian.

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[http://www.renalnutrition.org](http://www.renalnutrition.org)
Desserts and Candy

Some people enjoy eating dessert as a way to end a meal or as a bedtime snack. Desserts can range from being low in calories and fat to being very high in calories and fat. If you are on a weight loss diet or diet for diabetes, limit low-calorie and low-fat desserts once or twice a week. If your weight is in the normal range or you need to gain weight you may eat desserts with higher calories and fat more often.

Renal patients will need to choose kidney-friendly desserts, such as those listed below. The desserts may also contain low-potassium fruit, such as those listed in the “Pies & Cobblers” section. Remember to take your binder(s) with desserts, as they are not free of phosphorus.

<table>
<thead>
<tr>
<th>Pies &amp; Cobblers</th>
<th>Cakes</th>
<th>Cupcakes and Snack Cakes</th>
<th>Pastries</th>
<th>Cookies</th>
<th>Frozen Desserts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>Angel food</td>
<td>Jelly rolls</td>
<td>Fruit-filled danish</td>
<td>Butter</td>
<td>Popsicles</td>
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<tr>
<td>Blackberry</td>
<td>Pound</td>
<td>Golden crème cakes</td>
<td>Éclairs</td>
<td>Fortune</td>
<td>Fruit ices</td>
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<tr>
<td>Blueberry</td>
<td>Butter</td>
<td>Vanilla snack cakes</td>
<td>Cinnamon roll</td>
<td>Molasses</td>
<td>Sherbet</td>
</tr>
<tr>
<td>Cherry</td>
<td>Sponge</td>
<td>Lemon stix</td>
<td>Fruit fritters</td>
<td>Shortbread</td>
<td>Fruit whips</td>
</tr>
<tr>
<td>Lemon</td>
<td>White</td>
<td>Orange cupcakes</td>
<td>Plain donuts</td>
<td>Gingersnaps</td>
<td>Gelatin</td>
</tr>
<tr>
<td>Peach</td>
<td>Yellow</td>
<td>Crispy cereal treats</td>
<td>(no nuts or chocolate)</td>
<td>Animal/graham</td>
<td></td>
</tr>
<tr>
<td>Pineapple</td>
<td>Vanilla</td>
<td></td>
<td>Toaster pastries</td>
<td>crackers</td>
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<tr>
<td>Strawberry</td>
<td>Gingerbread</td>
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<td>Raspberry</td>
<td>Spice</td>
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<td>Rhubarb</td>
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</table>

Unlike most snacks and some desserts, candy has few vitamins or minerals and most candies are high in sugar and/or fat. Because of this, candy may not be the healthiest choice for a snack. However, many candies are sugar-free and may be helpful in relieving a dry mouth. Renal-friendly candies include:

- Hard candies (butterscotch; lemon, spice, or gum drops; lollipops; peppermints)
- Butter mints, marshmallows, taffy, and divinity
- Fruit chews and fruit leather
- Candy corn, jelly beans, and orange slices
- Gummy candies and candy twists
- Chewing gum

Final Suggestions

✓ If you are trying to gain weight, choose snacks regularly between meals and at bedtime.
✓ Choose snacks that are low in sodium and do not have phosphorus additives.
✓ If you are on dialysis, bring snacks to eat before you get on the dialysis machine and after you finish your dialysis treatment. This is especially important if you are going to miss eating a meal.
✓ If you are on a weight loss diet or diet for diabetes, choose desserts once or twice a week.
✓ Remember that if you eat a frozen or gelatin type dessert, it should be counted as fluid and included in your fluid allowance for the day.