

# Tips for People with Poor Appetite



- Eat small high calorie meals and snacks, every 2-3 hours. Set an alarm to remind yourself, if needed.



- Eat larger portions when your appetite is better.



- Eat what you feel like eating. It is okay to eat the same foods repeatedly.



- Eat with family or friends.



- Do not drink liquids with meals as they can fill you up quickly and affect your appetite.



- Ask your dietitian about using a nutrition supplement.



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

# Tips to Increase Calories



- Use larger amounts of oil when cooking or drizzle sesame, olive or flaxseed oils onto cooked food.



- Use larger amounts of soft margarine, butter, full-fat mayonnaise and/or cream cheese on toast and in sandwiches.



- Try whipping cream, yogurt and Greek yogurt as a topping on pancakes, waffles, cake and fruit.



- Use cream instead of milk on cereal.



- Add honey, sugar or syrup to hot drinks, cereal, pancakes and waffles. Use extra sugar to dessert soups.



- Spread jam, jelly, marmalade or honey on bread and crackers.



- Eat larger protein and starch portions.



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



- Ask your dietitian about using a nutritional supplement.

# 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, crackers, plain steamed buns and rice.



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



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



- When you do not have nausea – eat!



- Allow someone else to do the cooking.



- Remain upright for, at least, 30 minutes after eating.



- Take good care of your mouth and teeth.



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



- Brush your teeth and tongue more than usual.



- Use plastic utensils to help reduce metallic taste.



- Chew mint-flavoured gum or eat mint candy before meals.



- 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.



- If you cannot tolerate the taste of red meat or chicken, try chicken, fish, eggs or tofu instead.



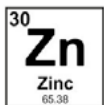
- If food tastes too salty, try adding sugar or honey.



- Use salt-free seasonings such as garlic, pepper, five spice powder, Chinese red or black vinegar or lemon to add flavor to food. Talk to your dietitian for more ideas.



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



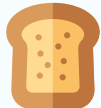
- Ask your kidney doctor about trying a zinc supplement.

# High Calorie Kidney-Friendly Meal and Snack Ideas



## Bread Croissants served with:

- butter
- soft margarine
- cream cheese
- jam
- jelly



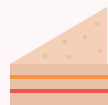
## Steamed buns

- meat or chicken
- vegetable
- sesame, custard, red bean paste or lotus seed



## Pastries

- Buns (cocktail, pineapple, Mexico)
- Wife cake
- Lotus seed, red bean or mung bean pastry
- Egg tart
- Sesame ball
- Mochi



## Sandwiches

- grilled cheese
- egg
- salad base containing mayonnaise and either chicken, egg or fish
- grilled firm tofu
- peanut butter and jam



## Quick plain oats or cream of wheat

with egg drop, or cream and sugar



## Boiled or scrambled eggs

## Omelettes

## Congee

with: small amount of cooking or sesame oil (1-2 tsp per serving) and

- minced meat, chicken or fish, or
- egg, or fresh bean curd



## Soup noodles or stir-fry noodles with:

- meat or chicken
- egg
- fresh bean curd or tofu



## Steamed minced meats or fish with rice



## Dim sum

- Less than 600mg sodium per meal



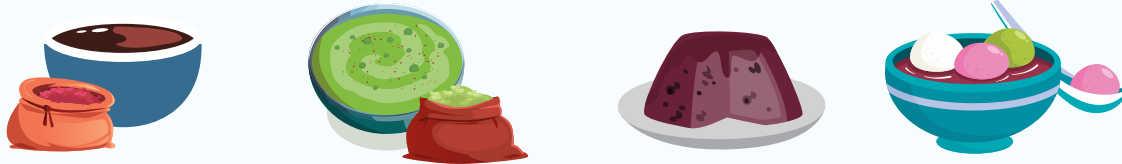
## Fried or steamed dumplings

filled with protein such as meat, chicken, shrimp, egg or tofu, and/ or vegetables

- drizzle with cooking or sesame oil

# High Calorie Kidney-Friendly Meal and Snack Ideas

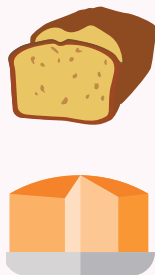
## Desserts



- black sesame, peanut or almond paste
- green bean, red bean or ginger dessert soup
- add glutinous rice balls (with or without filling)
- red bean pudding
- sweet soft tofu



## Cookies



## Cakes

- Pound
- Angel
- Paper-wrapped cake
- Cream or Swiss roll (no chocolate or coffee flavours)



## Dried fruits



## Nuts and seeds



## Yogurt or Greek yogurt



## Cow's milk or lactose-free milk

## Soy or almond milk



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