

Sheffield Renal Dietitian's Newsletter. December 2024



DIETETICS



Dietitians aren't just for Christmas

In this issue:

Christmas

Blood Pressure

What are we working on

Kidney Kitchen UK

What are we working on?

We are busy completing **nutritional screening** on ALL of our dialysis units including measuring **handgrip strength**. Nutritional screening is where we ask you a few questions about your appetite and food intake, your weight and any other problems related to eating. Handgrip strength testing shows how strong your hand and arm muscles are and can be linked to how well you are eating. This screening will make sure we are reaching those who need us most, as well as helping find out what information the nurses and dialysis teams need from us as dietitians.

How to speak with a dietitian:

- Ask your nurse at your dialysis unit to refer you to the dietitians giving a reason why you would like to chat to us.
- Call us on **0114 2714162** and ask for the renal dietitians and explain why you would like an appointment.



Fun food facts!

- Leaving biscuits for Father Christmas started in Germany when Christmas trees used to be decorated with food. Some of these decorations disappeared during the night. This led to people thinking that it was Santa looking for some late-night snacks when leaving the children their presents.
- Most of us are familiar with Christmas lunch being later than intended, but how about starting at dawn?! This is what happens in Chile, South America, when lunch (or dinner?) starts at dawn on 25 December, after the traditional Misa del Gallo, or Mass.
- In Medieval times Christmas dinner would have traditionally been peacock or swan.
- Wine was mulled with spices originally to cover the taste of cheap or gone-off wine.
- The largest recorded Brussel sprout weighed an incredible 8.3kg.

Remember, not every patient with kidney disease needs the same dietary advice.

If you haven't seen a dietitian before and would like to do so, or if something has changed since you last spoke to us, then please contact us before making any big changes to your diet so we can give the right advice for you.

Reminder: please let the renal team know if you change your contact details or address so we can keep our systems up to date.





HAVE YOU HEARD ABOUT 'KIDNEY KITCHEN' FROM KIDNEY CARE UK?

Kidney Kitchen is a great resource for **delicious recipes** and **meal ideas**, specially designed for people with kidney disease. These recipes have been produced and analysed by kidney dietitians, and approved by the British Dietetic Association Renal Nutrition Specialist Group.



SCAN ME

They have a recipe book available to order which is £10, magazines which can be requested for free, plus a whole host of recipes online. You can also filter their recipes by low salt, low potassium, low phosphate, gluten-free, vegetarian and vegan, so you can find meals best suited to your diet. **There are also some tasty festive recipes online now!**

We have a stock of the magazines on-site kindly paid for by Sheffield area Kidney Association so please ask your dietitian if you would like one as we can either drop these off to you at dialysis or pop them in the post.

BLOOD PRESSURE

Blood pressure (BP) management is a big part of dialysis and many patients will be on one or more medications to help keep it stable. Did you know there are also lifestyle changes that can help?

Weight

Keeping your weight at a healthy level and aiming to lose weight if you are overweight can help bring your blood pressure down to a more normal level.

Exercise

Current recommendations are 30 minutes, 5 times a week. We know this is not practical for everyone but any increase in physical activity is beneficial.

- Kidney Beam is a great online exercise and wellbeing resource which is free to people with kidney disease. There are online exercise classes for all abilities and also information about wellbeing. You can sign up online, just search Kidney Beam.
- There is also the Exercise on Referral scheme in Sheffield and some surrounding areas – ask your GP if this is something you would be interested in.

Salt

As a nation, we eat too much salt. 75% of salt we eat comes from processed or pre-prepared foods. Try not to add salt to your food and choose lower salt options where possible.

This QR code will take you to a digital version of 'Lifestyle advice for high blood pressure' information sheet, which has more information about how alcohol, caffeine, stress and relaxation, smoking, and healthy eating can affect your blood pressure.



Ask your doctor, dietitian or nurse for more information about these topics.

Renal Christmas Quiz. Test your knowledge (see answers at the bottom)

Q1. Potatoes need to be boiled for how long to reduce the potassium content?

A. 3 days, B. 15 minutes, C. 48hrs

Q2. True or false, Pink salt, Himalayan salt and sea salt all affect blood pressure the same

Q3. True or false, People with kidney disease can eat 5 portions of fruit and vegetables per day

Answers: Q1: B 15 minutes, Q2: True, Q3: True