

COVID 19 food and fluid guidance for those with kidney disease

Advice for those with Chronic Kidney Disease, End Stage Kidney Disease (on dialysis) and Renal Transplants to reduce your risk of getting COVID – 19 and ways to keep yourself from getting admitted to hospital at this critical time.

COVID – 19 (Coronavirus) is a new virus. Symptoms of the virus include fever, sore throat, cough, shortness of breath and muscle aches. As with all infections and viruses it is essential that you take as many precautions as you can to try to prevent getting COVID - 19.

Use this information to help keep yourself well and reduce your risk of getting the virus:

- ✓ Wash your hands frequently
- ✓ Avoid touching your face
- ✓ Avoid potential exposure
- ✓ Try to limit unnecessary travel and trips to shops (keep a well-stocked food cupboard and freezer)
- ✓ Ensure safe food practices, cook your food thoroughly
- ✓ Stick to your renal diet and fluid restriction to try to keep you well and nourished

Tips for filling your store cupboard & freezer so you do not need to shop so often.

*Some of the treats listed may not be suitable for people with diabetes

Vegetables & Fruits: Frozen carrots, broccoli, green beans, cauliflower. Tinned tomatoes. Tinned Pears, Peaches, Mandarins, Pineapple.



Cereals, Breads & Pasta: Porridge, Weetabix, Rice Krispies. Have a sliced pan or a pack of home bake baguettes in the freezer. Cream crackers, rice cakes. Bag of rice, pasta, plain noodle, cous cous.


Dairy: A carton of long life milk, a tub of frozen yoghurt. A tin of custard or rice pudding.

Meat/Fish/Poultry: Plan ahead by freezing some fresh cuts of meat / fish / chicken, for example, pork chops, fillets of salmon, chicken breast. Breaded fish, fish fingers, tinned salmon or tuna. Bottle of liquid egg whites.

Fats, Spreads & Oils: Mayonnaise. Rapeseed or olive oil. Balsamic or flavoured vinegar. Herbs, spices, sweet chilli sauce, gravy powder, cornflour for cooking and sauces.

***Treats:** A pack of Meringue nests, Jelly, Long life cream. Jam, Honey. Packet of Marietta, Rich Tea or Ginger Nut biscuits. Marshmallows, Mints.

Fluids: Bottled water, squash, Carton of apple Juice. Tea bags.
Tips to help limit your fluid intake: take your medicines with the fluid you have at meal times, drain the juice or syrup from tinned fruit before eating. Include the milk you have in cereal in your fluid allowance.

Emergency Hypo box 
A few cans of fizzy lemonade or Lucozade. A couple of packs of glucose /dextrose tablets or a few bottles of *Glucoside / Lift*.

Food Safety Advice

Research tells us that people vulnerable to food poisoning are people whose natural defence barriers have been affected by age, disease (such as chronic kidney disease) and/or medications (such as transplant medications). Symptoms of food poisoning include diarrhoea and vomiting. To date there is no evidence that COVID- 19 is passed through food.

Coronaviruses need a host (animal or human) to grow in and cannot grow in food. Thorough cooking is expected to kill the virus. Therefore good food hygiene practices are another way to try to protect yourself from COVID – 19.

Following these general food safety tips can reduce your risk of food poisoning

- ✓ Wash your hands before you eat
- ✓ Wash your hands before you prepare food
- ✓ Wash your hands between handling raw and cooked meats
- ✓ Use a different chopping board and knife for raw and cooked meats
- ✓ Cook all food including meat, chicken and eggs thoroughly (“thoroughly cooked” means that food is heated to at least 75°C at the centre). In thoroughly cooked meat and poultry the juices should run clear and there should be no pink colour
- ✓ Avoid soft-boiled eggs, ensure yolks are solid
- ✓ Use pasteurised milk
- ✓ Wash all salads including lettuce, leaves, herbs, fruit and vegetables thoroughly just before you use them
- ✓ You should always throw out food that has passed the use by or best before date. Make sure that your fridge is at 5°C or below.
- ✓ As a general rule and to maintain quality, food should **NOT** be stored in a freezer for longer than 6 months (provided that your freezer is suitable for storing foods for this length of time). Check your freezer’s star rating for length of storage time.

Cooking and reheating foods

- Always follow cooking instructions carefully on ready to eat , convenience foods
- Meat and poultry must be well cooked until the juices run clear, and not pink in the middle
- **Never reheat food twice**

Please note these food safety tips are not exhaustive. For more information, check the following websites: www.fsai.ie and www.safefood.eu

Advice to help prevent you being admitted to hospital at this critical time.

If you are on a potassium restriction avoid having a high potassium:

- Completely avoid all coffee, fruit juices and soups.
- Ensure all vegetables have been boiled fully prior to eating. Make sure you discard the water, do not use it for gravy.
- All potatoes should be peeled, chopped into small pieces and boiled in plenty of water or double boiled.
- Avoid all high potassium fruits including bananas, avocado, rhubarb, apricots and dried fruit.
- Avoid potato crisps, chocolate, nuts, seeds (including those on bread or in cake), muesli, wine/beer, tomato sauces and other high potassium foods listed to avoid in your low potassium diet sheet.

If you are on a fluid restriction avoid getting fluid overloaded:

- Each morning measure out your fluid allowance and put this in a jug or bottle in the fridge. Every time you have a drink or add fluid to food pour the same amount out of the jug/bottle in the fridge. You will then see how you are using your fluid allowance.
- Help control thirst by avoiding salty foods and snacks and if diabetic control blood sugars.
- Chewing gum, mints, a handful of hard boiled sweets or a handful of frozen grapes from your fruit allowance, brushing your teeth, rinsing with chilled mouthwash or using *Bioxtra* or *Boots Expert Dental* dry mouth spray can help relieve a dry mouth.

If you are on Haemodialysis:

- Aim to keep the weight gained between dialysis sessions to less than 1.5 - 2kg.

If you are on Peritoneal dialysis:

- Get the most out of your peritoneal dialysis by making sure your bowels move well every day.
- Keep to your daily routine of weighing yourself each morning, enter the weight into the peritoneal dialysis machine or keep your own record to make sure you notice if you're gaining fluid weight.
- As usual contact your home therapy nurses if you have any issues with your home dialysis or your weight is increasing.

Keep yourself well:

- Eating well is an important part of keeping yourself well.
- Keep a routine, including a regular meal pattern.
- Plate your food: To keep a better grip on your food intake, seeing your food on the plate may help you to **keep to your daily allowance of fruit, vegetables, dairy and protein exchanges**.
- Get enough sleep. When you're tired it's easy to overeat in an effort to gain energy. Keep energy levels up by staying well rested. This will also help you to stay focused on your diet, fluids and medications.
- If you are not already on a vitamin D supplement, ask your renal dietitian or doctor as this may be of benefit to you.
- If you aren't even hungry but can't stop reaching for the kettle or the cupboard, see some boredom breaking tips on the next page.

Beat the BOREDOM

1. It's good to talk. Call a family member or a friend, we're all in the same boat and they'll be thrilled to hear from you.
2. Dance. Play your favourite song or old-school album. Don't worry, no one's watching.
3. Clean out that junk drawer or a cupboard. Clean out the insides, ditch or donate what you haven't used in the past year, then organize what's left. You'll reap the benefits for weeks to come.
4. Go for a short walk or get out into the garden, you'll benefit from the fresh air.
5. Listen to an audio book or start re-reading a favourite book.
6. Do a jigsaw puzzle. Not only will it fill up the time, it helps stimulate the brain.
7. Plan next week's meals and make a shopping list, **check out www.irishkidney.ie for some recipes.**
8. Tap into your spiritual side. This could mean meditating, praying or just connecting with nature—whatever soothes your soul.
9. Write down (or track online) everything you've eaten so far today. The list will most likely help silence the snack that's calling your name.
10. Listen to a favourite podcast/audiobook/music while tackling a cleaning job you've been dreading.
11. Do a little gardening, set some flowers, plants or herbs in the back yard or in a window box, they'll brighten up the place and a few fresh herbs could brighten up your cooking.
12. Look around the house for neglected items—clothes, dishes, electronics or anything you haven't used in the past year—and prepare a package to donate to a local charity shop.
13. Give yourself a facial, pedicure or manicure.
14. Organize your spice cupboard. Throw out expired bottles, make a list of what's running low and get inspired by spices you'd like to use more often.
15. Take a hot bath, use some essential oils to relax and recharge.
16. Go shopping in your wardrobe. Start in the back and try on anything you haven't worn in a while, you might find some hidden gems.
17. Map out your next holiday. It doesn't matter if it will be in a few months, next year or at an undetermined date. Some believe that half the fun of travel is in the planning!
18. Write a letter or card to someone, everyone loves to get something other than a bill in the post.
19. Download all those photos from your phone and create a digital album.
20. Make something. This might be a crocheted blanket, a painting, a poem—anything that didn't exist before today.

Thank you for following the guidelines issued by the HSE at this time.

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