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| **Christmas Dinner** | **Foods to Choose From** | **Foods High in Potassium** |
| **Meats, Poultry, Fish** | Turkey, chicken, duck, goose, beef, lamb, pork or fish. |  |
| **Vegetarian main**  (instead of meat or fish) | Dishes made with tofu, Quorn, lentils, pumpkin, or squash. Cheese or brie & cranberry pastry parcels. | Dishes made with nuts,  courgette, mushrooms, spinach, sweet potato. |
| **Potatoes**    (Portion-150g or 3 egg size) | Boil potatoes first to make roast or mashed potatoes. | Potatoes which have not been boiled. |
| **Vegetables**    (2-3 portions)    (1 portion = 2-3 tablespoons) | Boil vegetables.  Choose those lower in  potassium such as  carrots, red cabbage and cauliflower. Limit Brussel sprouts to 6. | Vegetables such as mushrooms, parsnips, spinach, vegetable/tomato soup. |
| **Trimmings & sauces** | Yorkshire pudding,  apple sauce, cranberry sauce, homemade bread sauce, mint sauce and horseradish. |  |
| **Desserts** | Fruit pie or crumble (except for rhubarb, blackcurrant or apricot), artic roll, gateaux, ice- cream, sorbet, pavlova, profiteroles or trifle.  Brandy/rum butter or double cream with  puddings. | Try to limit to 1 portion of either Christmas pudding or Christmas cake or 1 mince pie or 1 slice of Yule log |
| **Fruits**  (2 portions) | Clementine’s, satsumas, apple, raspberries, tinned fruit | Fruits such as apricots, bananas, dried fruit and fruit juices. |

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| **Other Christmas Foods** | **Foods to Choose From** | **Foods High in Potassium** |
| **Nibbles and Snacks** | Plain breadsticks,  unsalted popcorn, corn, maize or wheat snacks  (choose those without potassium chloride), pickled onions, cheese & biscuits.    Carrot or cucumber sticks with cottage/cream cheese or sour cream or mayonnaise dips.    Cranberries. Chestnuts (5) | Potato crisps, Twiglets, guacamole, salsa, nuts and dried fruit. |
| **Canapes** | Chicken or fish goujons, mini sausages, blinis or crispbreads with pate or salmon & cream cheese, prawns, arancini balls, mini quiches or vol au vents. |  |
| **Other Christmas Foods** | **Foods to Choose From** | **Foods High in Potassium** |
| **Biscuits and Cakes** | Sponge cake, gateaux, cream cakes, jam tarts, jam or cream Swiss roll, brandy snaps, gingerbread or shortbread. | Stollen, biscuits, cake containing dried fruit, nuts. |
| **Sweets and Chocolate** | Jelly sweets, mint creams, marshmallows and  Turkish delight. | Liquorice,  Hot chocolate.    Limit chocolate to 4 pieces / squares or 2 chocolate coated biscuits. |
| **Alcoholic Drinks** | Liqueurs, port, sherry, spirits.    1 small beer/lager or 1 glass of wine/mulled wine or champagne. | Cider and strong ales.    Drinks/cocktails with fruit juice. |