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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.  |