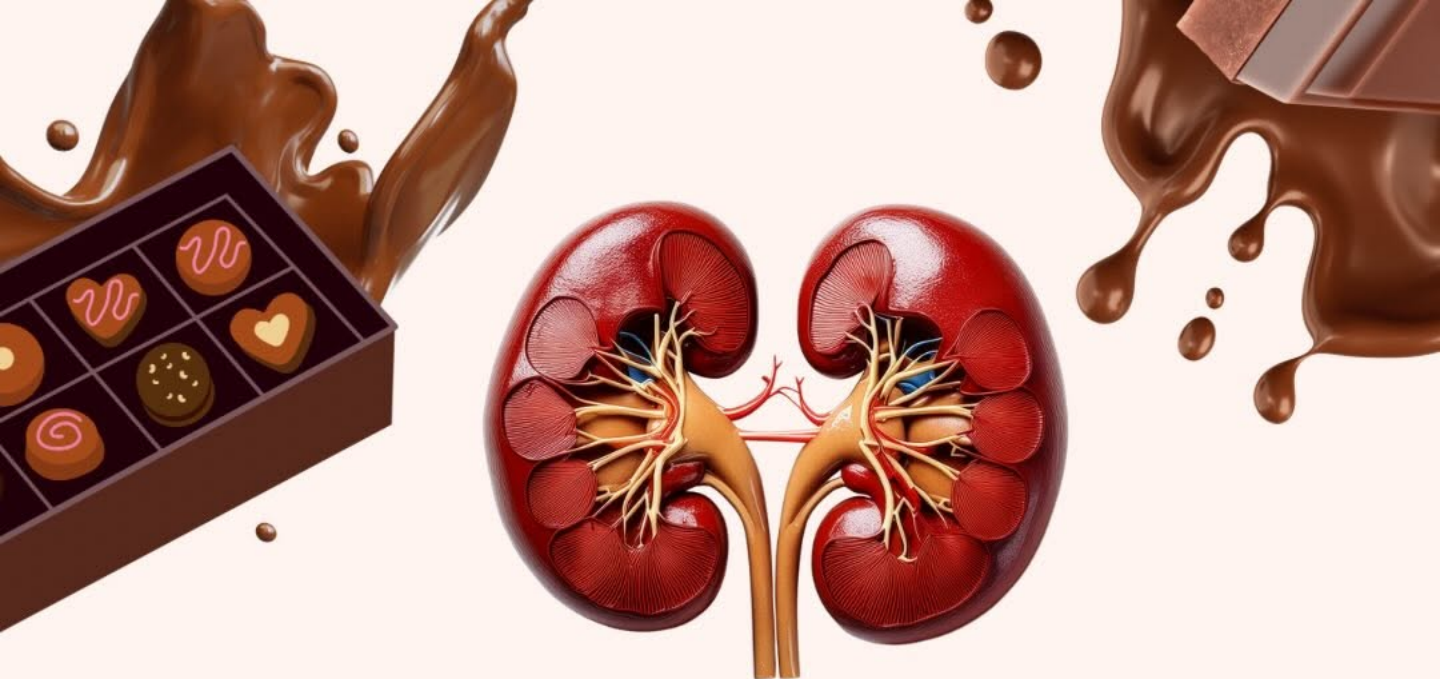




Living with CKD

Your Easter can be just as sweet as anyone else's.



Easter and chocolate go hand-in-hand, but when you're managing Chronic Kidney Disease (CKD), the confectionery aisle can feel like a nutritional minefield.



**The good news?
You can absolutely still enjoy chocolate.
It's all about moderation and enjoying
time with family and friends.**



renal_dietitian_uk

Here's how to get stuck in without feeling left out



Dark chocolate - If your watching potassium and phosphate levels then keep dark chocolate to an absolute minimum as it's high in both minerals.



Milk chocolate and Carob both are a little lower in potassium and phosphate, so you can enjoy moderate amounts. Try and limit potassium at meal times in the day, so you can enjoy the treats with family.



White chocolate is the lowest in content of potassium and phosphate compared to the others.



The fondant in crème eggs is low in potassium and phosphate too, but if you're watching blood glucose levels be mindful, fondant is mainly glucose!

renal_dietitian_uk

HAPPY Easter

Whether you have dietary restrictions or not it's important that you enjoy time with family and friends guilt free.

Sweet treats and chocolate in moderation can still be enjoyed!

Size matters - go for smaller fun size treats or ones that are thinly coated with chocolate like Kit Kat, blue ribbon, crunchie, Mikado sticks or breakaway bars and enjoy your day.



renal_dietitian_uk