

Black and some other minority ethnic groups are 3-5 times more likely to develop chronic kidney disease. In some of the London renal units, up to 50% of dialysis unit patients are from non-White ethnic groups. It is therefore important to have tailored dietary resources which include a range of multi-cultural foods.

In March 2024 Deepa Kariyawasam, renal dietitian from King's College Hospital, London as well as EC member for EDTNA/ERCA presented her work with the British Dietetic Association Renal Nutrition Group at the London Inspire Health Inequalities event held at the Royal Society of Medicine. This work which won a poster prize at the event, involved developing dietary resources for a low potassium diet encompassing African and Caribbean foods. Alongside this patient resource, webinars for renal dietitians were also developed and are available to members of the British Dietetic Association Renal Nutrition Group to increase their understanding of multicultural foods. The group also developed a handbook for renal dietitians on multicultural diets and low potassium diets.

The African and Caribbean resource is part of a series of diet sheets and webinars with other diet sheets and webinars covering Eastern European, Far Eastern and Chinese as well as South Asian diets.

The handbook for dietitians covers all 4 of the ethnic groups and is available to purchase via the British Dietetic Association shop for both members and non-members (<https://www.bda.uk.com/product/renal-nutrition-specialist-group-multicultural-low-potassium-diets-a-dietitian-s-handbook.html>). The handbook contains the numerical potassium contents of foods commonly consumed by the 4 multicultural groups, as well as other key information and a glossary of foods with pictures to help increase understanding.

The project group involved in the whole project are Deepa Kariyawasam, Gabby Ramlan, Sue Dawe, Lakshmi Chandrasekharan, Severine Gregory-Smith, Ruple Patel and Tina Dilloway.

This project also won the Kidney X patient innovation award in 2020.

(See below for photos)



Multicultural Low Potassium Diets: A Dietitian's Handbook

1st Edition

