



Renal Diet HQ

Nephrology News You Can Use



Hello, and welcome to another edition of the Renal Diet HQ newsletter. Thanks for joining us again to help your patients understand their diets a little better.

This month's article is all about maneuvering around the Thanksgiving meal that seems to have high potassium written all over it. Good news, they can do a lot to change the way their diet goes that day.

We even added a couple of recipes in the renal diet handout so that people can improve their health and the health of those around them by bringing a better dish to the table. Inside you will find candied carrots (a better choice than sweet potatoes) and apple cranberry stuffing (improvement on the regular high sodium stuffing). Whether they are on dialysis or in one of the pre-dialysis stages, these recipes are great to use.

As the fall blends into winter and colder days are upon us, the hustle and bustle of the season are both a joyous and busy time. Thanks for taking the time to read this, and we hope you have a great holiday. Again, let us know if we can assist you with your renal diet needs.

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Our website: www.renaldiethq.com

Turkey Day Is Upon Us— How To Stick To Your Renal Diet

It's almost time for the big Turkey Day – Thanksgiving, and many people with kidney disease have been left to wonder what to eat on this holiday. It probably feels difficult to follow a low protein, or low potassium or low anything type diet on the day that is the poster child for overeating! Never fear, let me make your day a little easier.

You can enjoy the main course – turkey! It is low in fat (without the skin) and healthy. Just make sure if you are on a low protein diet that you eat about 3-4 ounces which usually looks about the size of a deck of cards. Add a little gravy and you are set with this yummy entrée. If you are on dialysis, you can eat more protein since your diet requires higher levels of protein. So, eat turkey accordingly. PS – you can make low sodium broth for use later with the bones. If you don't want to make a large bird for the day, try roasted chicken or a smaller turkey breast.

For gravy, make it from pan drippings and thicken with flour or cornstarch to keep the sodium content low. Gravy is low in potassium and phosphorus, but packaged gravy is high in sodium. Watch out, though, pan drippings contain a lot of fat – you need some for the gravy but use caution. Cranberry sauce is something you can eat – it's low in potassium and phosphorus and can add a little sweetness to your meal.

Now, the rest of the food is possibly higher in potassium, but you can work around this. Balance is the key. Many people want the candied sweet potatoes, but they are high in potassium. So eat a small amount



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www.renaldiethq.com

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Candied Carrots

A lower potassium alternate to sweet potatoes

Makes 9 Servings

- 1 pound fresh carrots
- 1/3 cup packed brown sugar
- 1/2 tsp grated orange peel
- 2 Tbsp unsalted margarine
- 1 tsp vanilla extract

1. Peel carrots and remove ends. Cut into coins or lengthwise about 1/8 in wide. Cook carrots until tender and drain. Splash with cold water to refresh carrots.
2. Add brown sugar, orange peel, and margarine to a large dutch oven or skillet. Cook until melted and bubbly then stir in vanilla extract.
3. Take carrots and add them to the mixture on the stove. Cook gently over low heat, stirring every now and then, until carrots are heated throughout.

Serving is 1/2 cup

Nutritional Analysis:

Protein: 0.8 grams

Fat: 3 grams

Carbohydrates: 15 grams

Calories: 84 calories

Sodium: 50 mg

Potassium: 186 milligrams

Phosphorus: 24 milligrams

Great for Pre-dialysis, dialysis, or renal diabetic

1/2 cup – 1 medium potassium vegetable
Diabetic – 1/2 cup – 1 medium potassium fruit due to sugar content

Apple Cranberry Stuffing

A tasty alternative to regular stuffing, and low in sodium too!

Makes 10 servings

- 3 cups soft, stale bread crumbs
- 2 Tbsp unsalted margarine, melted
- 1/2 cup diced raw cranberries
- 1/4 cup chopped walnuts
- 1 cup diced, peeled tart apples
- 1/4 cup raisins
- 1/4 tsp poultry seasoning
- 1/4 cup apple juice

1. Preheat oven to 350°F. Combine all ingredients and toss lightly for the ingredients to mix. Using a 1 1/2 quart casserole dish, sprayed with pan release spray, add the mixture.
2. Bake the mixture for approximately 30 minutes, and divide into 10 servings. Serve hot.

Serving is 1/2 cup

Nutritional Analysis:

Protein: 1.8 grams

Fat: 5 grams

Carbohydrates: 13 grams

Calories: 166 calories

Sodium: 7 mg

Potassium: 85 milligrams

Phosphorus: 30 milligrams

Great for Pre-dialysis, dialysis, or renal diabetic

1/2 cup – 1 low potassium fruit and 1/2 starch
Diabetic – 1/2 cup – 1 low potassium fruit and 1 fat

Clinic Stamp

of those with a larger portion of green beans. Green beans are low in potassium and make a delicious choice. You can take it one step further by leaching the sweet potatoes before cooking. That way they have less potassium before they ever get cooked.

Start out by peeling the sweet potatoes, cut them into thin slices, and soak for about 4 hours in warm water. Once you have soaked them, you drain the water and add fresh water to cook them. Making them candied with some brown sugar or honey and margarine doesn't add potassium. Watch out for the amount added if you are a diabetic and need to watch your carbohydrate exchanges. You could also choose candied or glazed carrots – we have a recipe in this newsletter.

To make a sweet potato casserole for diabetics, you can layer the pre-soaked boiled sweet potato rings with apple rings, add a little dot of margarine over the tops and sprinkle with cinnamon. Then you can scoop out what you like – you can bake it for a little bit if the apple is not soft enough.

Most of the time, with turkey comes stuffing. Find out if it was made from scratch or from a box. Unfortunately, most people take the short cut and it can be high in sodium. The good news is that it's probably fine for potassium and phosphorus levels. Check out a box of Stove Top® stuffing at the grocery store next time and see how much sodium it contains. If you are in charge, see about making it from scratch and eliminating the seasonings that contain salt. If you want to add flavor, add celery, mushrooms and carrots – they are low potassium. And low sodium broth or stock to decrease the added salt. If you eat the stuffing, skip the breads and rolls. It's easy to overeat – and almost everything has sodium.

Now it is time for dessert. The sweet potato pie has the same caution as the sweet potato casserole – it's really one or the other. So eat a small slice if you must have both. Pecan pie is high in phosphorus so just a dab of it as well if you want some. Low potassium and phosphorus pies are apple and cranberry pies. While you still need to watch your overall

calories if you are a diabetic, they are a good choice. If you are going to someone's house, bring one along so you can have a dessert.

You probably are going to eat a larger meal than normal on this day – adjust the amount of your insulin and phosphorus binders appropriately to keep this meal from wreaking havoc on your body. Other things you can do that day to help make sure you don't overdo it too much are to eat puffed rice or cream of wheat cereal for breakfast – and eating low potassium fruit with it (if you eat fruit with breakfast). You might even use non-dairy creamer to lower the potassium even further.

For the other meal of your day, you can have a light turkey sandwich if you aren't burned out on it. Otherwise, think about another bowl of cereal or a small hamburger. Eat that with low potassium vegetables and you should have a great Thanksgiving Day. Remember that the day is meant to be spent together with others (not shopping like the retail outlets would like us to believe) so most of all, enjoy your company on that day.