



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 getting ready for the New Year.

Even though we encourage patients to make a new start regardless of the day or time of year, it seems that they have an easier time starting something new in January.

In talking about what makes a great resolution or start, we are prepared to talk about mindful eating and how it makes our days easier. With mindful eating, you can have a small amount of the things that you want to eat, just not go overboard. Is that tough for your patients? Sometimes they need our encouragement and faith that they are able to manage their diets.

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.

Mathea Ford, RDN, LD

Our website: www.renaldiethq.com

Creating Healthier Habits For The New Year

What Do You Need To Do For A Healthier New Year?

Whether you're on dialysis or at a lower stage of kidney failure, creating healthier habits for the New Year is always a good plan. It's even better when these healthier habits don't involve crash diets, (literally) killer workout routines, or unhealthy weight loss strategies. When it's all about being healthier, you have a higher goal and one that is truly admirable. Creating healthy habits for the New Year is a great way to put the past behind you and turn your eyes to the future.

Stay Active

You don't have to open the gym in the morning and close it down at night in order to experience very real health benefits. You do, though, need to be active. In fact, of all the ways you can make creating healthier habits for the New Year work for you, staying active is one of the best. It forces you to get a little bit of exercise daily, it gets the blood flowing throughout your body, and it forces you to feel the benefits of being active for yourself.

Do Things that Make You Feel Young

Being young is largely a state of mind. Doing things that make you feel young, vital, and alive, often convince your body that you are all of those things. Now don't go out and invite injury trying to do things you

haven't one for the past thirty years, but if square dancing makes you feel young and you can still dosey doe, then go for it -- as long as your doctor approved.

It's good for your heart, it's great for your muscles, and it doesn't hurt your state of mind. Just make sure to clear it with your doctor first. Other activities that promote younger feelings include going to the beauty parlor, shopping, gardening, and playing games with other people. Fun activities that help you feel younger and even more alive make creating healthier habits for the New Year so much easier.

Plan Your Menu Ahead of Time

Planning your menu gives you a clear list of meals to prepare for a week, two weeks, or month ahead of time. More importantly, it reduces the risk of falling off your prescribed diet by making last minute changes for the sake of convenience, missing ingredients, and/or time.

Dietary needs for renal patients are very specific. If you're truly creating healthier habits for the New Year, weekly meal planning (at a minimum) needs to be near the top of your life. An unintended benefit is that it helps you keep up with the foods you're eating and save money. There's not really a downside to creating this particular healthy habit.

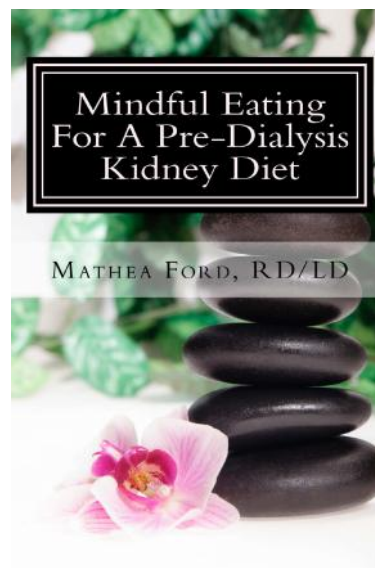
Creating healthier habits for the New Year doesn't have to take a lot of time, effort, or energy on your part. Little things like these, when done consistently become positive, health habits you'll be glad you have when things get busy in your life. The most important thing to remember, though, is that creating healthier habits for the New Year ultimately begins with you. You must take the first steps to accomplish your goals.

Take Steps Toward Mindful Eating for the New Year
Resolve to change your relationship with food to be a healthier one.

What Is Mindful Eating?

Some of the basic principles of mindful eating are:

1. Deliberately pay attention to food, hunger and satisfaction
2. Pay attention to not just your internal needs and feelings but your external environment.
3. Mindfulness isn't just about what you put in your mouth, but it's also about acceptance of yourself and what is going on with your body
4. Learn to nurture your body through the choices you make
5. Choose to eat food that pleases and nourishes you
6. Use all of your senses to taste and explore food
7. Learn to acknowledge foods that you like and those you don't like without feeling guilty
8. Learn to be aware of physical hunger and how that is different from emotional hunger
9. Be aware of the effects of eating mindlessly and emotionally
10. Accept and be proud of your unique eating experiences and preferences



Find our book at <http://www.renaldiethq.com/go/mindful>

Mindful Eating

Worksheet

Mindful eating is a way to focus on the experience of eating instead of the actual food to learn how to enjoy the moment. Mindfulness is being aware of all the things you do – not just going through the motions. So if you were to take a walk, you would pay attention to the grass and butterflies and not so much on the cell phone in your hand. It allows you to quiet your mind.

In the same way, mindful eating allows you to eat small amounts of food and learn to enjoy them and taste them without gulping them down. When you slow down and spend more time eating, you can eat less and feel fuller.

Are you an emotional eater?

1. Did you feel the hunger come on gradually or suddenly?
2. Are you hungry and open about what to eat or trying to feed a craving?
3. Do you stop eating when you are full or keep on eating until the food is gone?
4. Do you feel guilty after you eat?

When you know exactly what you need (craving) and the hunger comes on suddenly, that is typically emotional eating. As well as not being able to stop eating when full and feeling guilty about what you eat. Stop giving power to those emotions and become more mindful of eating.

Mindful Eating is Conscious Eating

You can choose to eat a few of the things that you want if you can control your eating. Letting yourself have some of the items that you want without going overboard is very healthy.

Techniques to Improve Your Mindfulness

Get rid of core beliefs about yourself that encourage negative emotions.

Core beliefs are stories we tell ourselves about how we react to challenges. Do you tell yourself that you can do it or do you say it's too hard. When you have a negative core belief that says you cannot do it, you are less likely to be able to respond in a positive manner.

Consider what options you have before you react. You can choose not to react (if someone is trying to "get your goat" your lack of response will help diffuse the situation).

Choose an opposite reaction – if you were expected to get mad about something, you can react with a question or play the advocate for the opposing side. It will throw your thoughts into a different place and may get you thinking more positively.

Remove yourself from the situation if you feel you are going to react too strongly.

Manage your exposure to negativity. If you are constantly around people who are negative, consider where you have to be exposed to their talk and where it's just advertent (like the lunch room).

Stop doing that which you have control over changing.

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Renal Diet Headquarters

PO Box 6554

Moore, OK 73153

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