



Hi and Welcome to the Renal Diet Headquarters podcast with your host Mathea Ford, CEO of Renal Diet Headquarters. This is our weekly talk about how you can succeed with a kidney diet.

Brought to you by renaldietHQ.com a website whose mission is to be the most valued resource on kidney disease that people can use to improve their health.

This week we're talking about spicing up your kidney diet and basically not with salt. I want to talk to you about ways that you can improve the flavor of your foods without adding more salt. Whether you're on a predialysis diet or dialysis diet, you need to

reduce the salt in your diet and it certainly doesn't hurt to reduce the salt in your families diet either to prevent them from developing heart problems or to improve their health.

This episode is being published on January 15, 2014 and you can find the information in the links that I talk about in this episode at www.renaldietHQ.com/004 on our website. You can also find us in iTunes and I will put the link in the show notes for you to find and subscribe and this week we just got accepted to *Stitcher* radio so you will also find a link for *Stitcher* radio and *Stitcher* is an app, as well as something that you can get in your car and so if you like to listen to the podcast and you want to listen to it on *Stitcher* you can find our radio show there. Any comments will be appreciated and you can send them to podcast@renaldietHQ.com

So on with the show. This week I want to talk about salt in your diet, and I know salt, everybody knows you should not eat too much salt, but really it's very insidious in our American diet, it is everywhere. It seems to be in all different kinds of places that you wouldn't expect. One of the best ways to lower salt in your diet is to do several things, you can wash your breakfast meats, you can make more of your foods and snacks at home and take them with you, and you can change some of the spices that you use so that you have better choices and better flavor, without that salt flavor. Now, if you've been eating salt your whole life, you are pretty use to that flavor, so it might be a little bit hard to get rid of, but, I want to encourage you to work through the time that you have to get that adjustment done.

First of all, at breakfast you have a lot of salty breakfast type meats. So everybody needs protein and whether you are predialysis or dialysis you need some protein, the

problem comes because things that you eat for breakfast are typically pork, not you but we eat for breakfast, are typically pork and they are cured or salty type meats. Like bacon, ham, sausage and then there is cheese that we like to put on everything like eggs. We start out with a salty breakfast meat, now where can you get protein besides those items? Protein is needed because you have to replenish and repair your body and even when you're on a predialysis diet you don't completely eliminate protein; you just need a lower amount of it.

Some of the things you can have are some almonds or nuts, in a small amount. The reason why you want to have a little bit of protein is it helps to stabilize your appetite. So it is going to add to your, basically you don't feel hungry as quickly, it takes your body a little bit longer to break it down. Now if you are on dialysis, you need a little more protein than someone who is predialysis. So you want to look for things like almonds or nuts or peanut butter, you also can eat eggs. I am working on a dialysis cookbook right now, what you'll find when you get the dialysis breakfast cookbook is that, it has a lot of eggs in it because that's a very easy low sodium, but protein packed meal that you can have on dialysis. There are some really good recipes in there, so I will just warn you now; you are going to really love it. We will have some free recipes on the blog, you will be able to go to renal diet HQ.com and see some of the recipes that were going to have available, but for now anyway I'll get back to the podcast.

Another thing that I would encourage you to do in addition to the protein is to add some fat instead of salt. So what you're trying to do is get the flavor and fat, oil or butter, is going to keep you from getting hungry as quickly as well. So it is going to extend the amount of time and you are not going to want to eat right after breakfast. You want to watch out make sure that you're using a low saturated fat product, something that is going to be a liquid at room temperature. If you are not diabetic and you can eat a little bit more of the whole grains, or even just plain white bread, but you wanted to dip it in a little oil, or put a little bit of the softer margarine on it, if you can put some carbs in your breakfast, but with a little bit of fat and a little bit of protein, that would be healthy for you to do or something like tortillas, putting a little butter on a tortilla and having that at breakfast that makes a really good meal.

Breakfast is a meal that we usually start out with a lot of sodium, so make sure that you're watching what you're eating at that meal.

Another meal or another way we get additional salt in our diet is eating out and our foods and our snacks, kind of not planning ahead. So recipes can be very helpful and maybe you don't cook, or you don't think you cook, but there's lots of recipes that are easy, quick to make, there's a few on the blog, there will be more in the future, but cookbooks that are specially made for dialysis, or predialysis, can be helpful can have quick meals. Salt is important in some foods, some foods you need to have salt in order to make the chemical reaction that happens to make the yeast rise or whatever happen. You don't always need as much as the recipe calls for, so you might want to experiment with that little bit. In some recipes, salt is just added for flavor, so if you're making, I use to do this, my grandmother would do this all the time we were growing up, she would

make corn on the stove, and she would just put a whole stick of butter and in the corn when she was cooking it, and that added fat, and I didn't need fat at the time, and so, but it also kind of didn't add enough flavor that I didn't want to add some butter when it got to the table. So she added some fat while she was cooking, and then we went to the table we put more fat and more salt on it, so you could just eliminate that step of adding the butter and just add it at the table and you can still get the flavor that you want. So what you might think about doing is taking out the salt from the recipes, or reducing the amount of salt in recipes a little bit at a time.

You want to look at those foods in your recipes that are high sodium, high potassium, and high phosphorus foods; now milk and nuts are going to be high phosphorus foods. Milk, a lot of people do the nondairy creamer, or rice milks and those are lower phosphorus. Your dark-colored colas are going to be high phosphorus foods. The ice cream, peanut butter; and I know I said to have peanut butter at breakfast for protein, but I'm not talking about eating tons of it, it's just a reasonable amount and you can add that as a little bit of protein instead of salty foods.

You've got your Ketch-up that can be high sodium, canned soups that are high sodium; a good example of something that you can reduce the sodium in is Roman noodles. You don't have to pick up whole packet that comes in the Ramen noodles in the water when you're making them. You can use less of the packet. It's very salty and it's certainly not recommended that you make Ramen noodles very often, but that's one way you can cut back on the amount of salt that you're getting. You also have the deli meats, and you want to choose the lower sodium deli meats that are in the case.

You want to look at high potassium foods, your potatoes, your tomatoes, your oranges, cantaloupe, bananas, those are high potassium foods. That does not mean you can't have them at all, it just means you have to be aware and you don't want to eat too much. You want to be cautious with those.

Looking at snacks, some the things you might want to do is find some things that you can take along with you to have instead of having to get them while you're out. If you're at dialysis and you're done with dialysis, you may find that you're able to take a bag of popcorn and pop it right before you leave to eat in the car on the way home, if you are hungry. You can bring apples, you can bring pears, and you could bring some canned fruits in the little containers and eat pineapples or other canned fruits that you really like that would be a good snack. Just don't feel like you're out of control or you can't control what you eat, you have control over it.

Finally I want to talk about spices and I got a good question this week from one of my readers, who asked me about Mrs. Dash doesn't quite cut it, I need to reduce the salt my diet and wanting to know what goes with what item, and not an expert on spices but I will say that I use lemon and lime on everything. One of my favorite things to make is cilantro lime rice, and rice is very good for you, if you are on a dialysis or predialysis diet.

When I was growing up also we would make, which I don't ever see people making anymore, must be I'm from Kansas so it must be one of those things, but we would make a bowl of rice and you put milk in it and a little bit of sugar and a little bit of cinnamon. We eat rice for breakfast, so instead of having oatmeal or cream of wheat or something we would also have rice for breakfast. Sometimes people make rice and put, I like to put a little bit of butter in it, or little bit of oil, and depending on how warm I eat it, and then a little bit of lemon, so not too much butter, but squeeze of lemon on there and it's so good, I love that. And I like to put a little squeeze of lemon and my drinks as well, add a little lemon to the water.

So lemon pepper on your items if you make chicken, what you might want to do is pound your chicken out a little bit and use some marinade, and one of the things you can do to marinade is use a bit of oil and vinegar, shake it up, and put a little herb in there, like the Mrs. Dash, and make it sit in there or freeze it in the package. So if you pound it kinda thin and you put it in the package then you freeze that for another day, you can have that and eat it later and when you take it out, and you thaw it in the refrigerator for a day, it is going to have that penetrated flavor. You can use vinegar, vinegar comes in balsamic or apple cider or white vinegar flavorings, and they all have a little different flavor, but I just love vinegar, I think it is delicious, and you put a little bit of oil and a good amount of vinegar on your meal, on your salad and it is delicious. Use a little bit of some spice if you want. Oil or garlic for breads, so mix a little bit of garlic in some oil and shake it up and use it to dip your bread in and get a little bit of oil from there instead of using salty dressings. Then again marinade your meat before the meals and put them in the freezer if you plan ahead a little.

Using a meal plan is always something I am going to recommend but most people don't take that moment to do that, but it can really help you to lower the salt because you are prepared and you are ready.

So to kinda recap what I talked about today, I talked about the breakfast meal and not eating the salty breakfast meats, but eating a little bit more protein and a little bit of nuts or eggs and some fat. I talked about eating better snacks and I talked about using some spices.

I appreciate you listening and I appreciate you being a loyal listener or subscriber. Today's episode you can find at renalDietHQ.com/004 and next week I am going to talk about how food additives can contribute to salt and phosphorus. I am going to talk about some specific food additives that are in recipes that you need to look for because they can add sodium and phosphorus to your meal without even realizing it and that can be harmful to people with dialysis or even with predialysis.

Thanks again and have a good evening.