



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.

Hello and welcome to the [Renal Diet Headquarters podcast](#). This is Mathea Ford, the CEO of [Renal Diet Headquarters](#), and you are listening to podcast number 24. Sorry about the little hiccup last week.

We are releasing this on June 4th, 2014. This week is a new month, and in June at Renal Diet Headquarters we are talking about grocery shopping and label reading. I want you to know that this month we are going to get into some detail about labels and get into detail about grocery shopping. Really talk about how you can do that with kidney disease. I think it is important understand how the grocery store is laid out and where to find the right information on the label for yourself.

This week I want to start out with talking a little bit about some meal planning tips and grocery shopping and get you in your mind set correctly and in the end I will talk a little bit about the [Caregiver Guide](#), which is completed and released, but I don't have the physical copies yet. If you have purchased, it is in the member's area, you are able to download everything, it is pretty big but I will be getting the actual physical books this week and I will be mailing those out soon.

One of the things I want to talk about this week is meal planning and I think it is important to understand that you need to have some sort of plan. Most people know I sell [meal plans](#), but just in general meal planning, you need to have some sort of plan for how you are going to eat during the day. You don't want to delay or skip meals.

If you remember if you have children or you have ever had nieces and nephews, a lot of times they can be doing stuff and they forget to eat. You might be doing other things too and forget to feed them. I know that sounds terrible but like you are out at the park and you didn't bring a snack and they are playing, then all the sudden, everything has

just gone bad because they are hungry and you don't have anything, and you are scrambling around trying to find something. So avoid delaying or skipping meals because spacing meals evenly throughout the day helps you to avoid overeating and it also helps you to be stable. Not that cranky, I really want something to eat feeling.

If you get hungry late at night, if you know that before you go to bed you like to have a little snack, maybe you take medicine at bedtime. I take medicine at bedtime, and I take a fish oil pill, and I really hate the way, like if I burp, I taste that, so I like to eat a little something on top of that, so I plan to have a snack at bedtime. Make sure that you have that planned and it is part of what you are going to eat for the day.

Try to eat three meals a day at least, no less. Just eating one or two large meals a day can be unhealthy because you are eating a little more and you are kind of doing that thing where you wait too long to eat and your body wants something right now.

Keep foods only in the kitchen and out of sight. Avoid putting dishes with candy or other treats in other rooms in the house. If you know that you are only going to eat in the kitchen, then you have to get up and go to the kitchen and while you are on the way to the kitchen, think to yourself, am I really hungry or am I just tired or thirsty? Question yourself every time you are going to get some food.

For meal planning, I know you can dine out and it is not the worst thing in the world, but try to do it only two or three times each week. A lot of people eat out more than that. When I say eat out, I also mean at work, if you go to the cafeteria that is still food that you don't prepare. Try to take your lunch to work, and try to only dine out only two or three times each week. You can gain more weight if you dine out more often. Just be careful about that.

Tips I want to talk about for grocery shopping today, many of the tips I am going to share with you help you with your weight loss goal.

- 1) Never go to the grocery store hungry. How many times have you heard that? Well it is absolutely true. Always try to eat your scheduled meal or snack before heading to the grocery store.
- 2) Stick to the outside isle of the grocery store. You have your meat, produce, and dairy located on the outsides of the store. So if you stick to that part, and go in just to get very few canned typed foods, you will be better off eating the fresher foods.
- 3) Always have a grocery list ready and avoid buying foods not on your diet. You will not only stick to your diet better, but you will spend less money when you are planning and know what you are getting.

This summer we are going to do some videos about grocery shopping and about cooking. So look forward to those and send me an email at podcast@renaldietHQ.com if you have some meals that you would like to see me cook.

- 4) Choose more fresh foods, like meat produce and dairy products. Foods that are ready to eat such as lunchmeats, casseroles, desserts, and snacks have more fat and calories and are honestly just not that filling.

Try your best to eat more filling foods like foods with more fiber. The fruits and vegetables within your restrictions. Dairy as much as you are allowed to eat and meat if you are on dialysis you are allowed more regular meat, if you are on predialysis you may not be allowed much, but try to eat more fresh meat.

- 5) Try to grocery shop just once a week. After you have made your list and go just once a week you are not grabbing a bunch of individual things and messing up your meal plan. Going just once a week forces you to plan and that really is the best thing for you.

This week it was short and sweet. We talked about meal planning and grocery shopping and I apologize for a little bit of a short podcast, but this week I wanted to just get those few things down.

The other thing is the [Caregiver Guide](#) is on sale for the month of June 2014, because I am celebrating. I will tell you what I am celebrating next week. So right now it is \$67. And you actually get the physical copy as well, if you are in the US. The digital copy is on the website and you just need to go to the website to see the price. Run on over there and grab it because at the end of June it will go up to \$97.00. It is a value at any price but a better value if you grab it now.

I am recording this a little early. My family is in California on vacation and I am recording this a little early to make sure I had something for you this week.

I look forward to working with you in the future. I hope you have a great week and enjoy yourself. I will talk to you again next week. Thanks.

You've been listening to the Renal Diet Headquarters podcast. Head on over to the website at www.RenalDietHQ.com/go/email to sign up for our email list and get exciting updates every week about what is happening. Thanks and we will talk to you again next week!!