



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. I am your host, Mathea Ford, and this week we are on podcast number 26, so you can go to www.renaldietHQ.com/026 and you will find all the

information related to this podcast.

I wanted to tell you that I am so excited to be talking this month about label reading and grocery shopping and things related to that. I have information in this podcast about the Caregiver Guide, a little more, and shopping for fresh fruits and vegetables. This month is national fresh fruit and vegetable month and today, June 18th is national picnic day and Saturday is the first day of summer. The year is just flying by, so it made me think, what kind of things can you get locally because I have really tried to get more into using farmers markets and more of the items you can get in a local market, because they are usually cheaper when they are in season and you kind of reduce your “carbon footprint” so to speak, when you use local farmers markets.

This week I want to start out talking about the Caregiver Guide, and I am getting the actually physical copies in on Thursday, I will post some actual pictures on the podcast, I know it will already be up for a day, but if you come back to the blog post, you will be able to see some pictures of the Caregiver Guide. I am also getting ready to mail out the ones people have ordered that they have been so patiently waiting for. I very much appreciate that and I will mail those on Friday. If you are ready to get one in the month of June, it is going to be \$67.00 for the physical copy, so please go ahead and head over to the blog post for the podcast and you will see a link for the [Caregiver page](#).

So, the next thing, it is national fresh fruit and vegetable month, so this week I want to talk about how to get the most nutrition out of your calories and one of the things you can do is eat more fresh fruits and vegetables. They have lots of vitamins and minerals;

they have fiber, and nutrients. Some of them have a few to many minerals that you may not need. Most of them you can eat. Choosing the fresh produce that is in season helps you get the best tasting the highest quality produce and it is usually pretty local. Proper food storage will be easy to maintain and that helps lessen the chance of getting sick from your food. Mainly selection and storage and eating it, eat it with as many things as you can.

Fruits and vegetables, when looking at what is in season, in the summer it is things like bell peppers, blueberries, cantaloupe, corn, cucumbers, grapes, peaches, strawberries, watermelon, and zucchini.

In the fall, broccoli, cauliflower, cranberries, pears, more of the kale and things. I want to tell you about a website, it is called fruitandveggiesmorematters.org and you can go there and see what is in season for each season.

Summer, I will just read you a bunch of them. Apricots, Asian pears, beets, bell peppers, blackberries, blueberries, boysenberries, by the way we have blackberry bushes in the back yard and it has rained like crazy in Oklahoma for the last few weeks, there was no rain in California while we were there, but while we were gone it rained really good, so my husband tells me that the blackberry bushes are really full and these are wild blackberries. A couple years ago we made some blackberry cobbler and one of my videos that I am thinking of doing for you is a blackberry cobbler, because I know you can eat blackberries. Moving on, cantaloupe, cherries, corn, cucumbers, you have to be a little careful with eggplant but it is in season, figs, garlic, grapefruit, you have to be careful with grapes, green beans, hearts of palm (that is kind of an artichoke but not quite an artichoke), honey dew melons, jalapeno peppers, key limes, lima beans, limes, nectarines, peaches, peas, okra, plums, radishes, strawberries, summer squash, tomatoes (which I know you need to be manageable with tomatoes), and zucchini.

So that's just for the summer. I know summer is a great growing season, and if you are going to grow anything yourself you would have already planted it, but you can also look into planting some things in the fall that might be good for you. I know cucumbers grow well into the fall, it gets to hot here in Oklahoma in the summer time so cucumbers really have a hard time.

Buying the fresh fruits and vegetables. Buy what you will use within the next few days. A lot of times farms markets will be two days a week, maybe a Wednesday and a Saturday, and that makes it easy for you to get fresh produce two time a week. Check all your fruits and vegetables, we got nectarines the other day and watermelon, they were all in good shape, and you just need to look at them. If you are going to buy something that is precut, just make sure it looks really good. Bag your fruits and vegetables separately from your meat and your seafood and poultry products when you

are taking them home. If you use those reusable grocery bags, make sure that you wash them, you can wash them, just wash them gently. Use those but wash them in between and make sure you have some marked for meat only and chicken only so that you are not putting other things in there where you may have that bacteria growth.

Storing your produce safely helps prevent any sort of food borne illness. You want to store the ones that are perishable like strawberries and lettuce in a clean refrigerator at about 40° or below. You want to refrigerate anything that is precut. Wash the rest of it before you eat it, with clean cool running water, just rinse it, you don't have to use anything special, you don't need the fruit wash or anything like that. I have heard apple cider can help but as far as I know you just need to use water.

If a produce has a thick skin on it, you can use a little bit of a vegetable brush or if you are going to cut away the skin you just have to rinse the skin anyway. Refrigerate all those, anything you cut or peel, so if you are going to cut your strawberries and eat them for dinner tonight just put them back in the refrigerator when you are done. Keep your fruits and vegetables that are going to be eaten raw, like strawberries or lettuce away from your raw meat, poultry and seafood because those are going to be cooked, and those can sometimes have bad bacteria and it can get on your produce so don't let them get close to each other, wash your cutting board in between, avoid cross contaminating with using the same utensils and stuff. Sometimes that can seem like a hassle but it is really very important to do.

Any produce that is not going to be cooked afterwards, like the blackberries I was talking about, they are going to be cooked afterwards, I still would not mix them with meat or anything anyway, but I will rinse them and wash them, then put them in the refrigerator, until I am ready to use them. They are going to be cooked in a blackberry cobbler before I go forward with eating them. I am sure someone in my house will grab some and eat them before I get to them.

Eating more fruits and vegetables is defiantly helpful to you. The way I am thinking about it is all the things it can do to be helpful to you as far as your kidney disease. It will give you more fiber. I personally think fresh fruits and vegetables are delicious. They are so fresh with the crunch that they have, and kind of satisfy that little need for crunchy food. You can have them in the fridge, already precut and you don't have to grab some carrots or celery and even allow yourself a certain amount, if you are going to do peanut butter, just watch how much you are going to use, get a certain amount of that and you can put that on your celery and it is a great little snack. You may even look at some cream cheese with your celery.

Tonight on the news they had a person doing a watermelon cake. What he did was cut off the top and bottom of a big watermelon, so it kind of sat flat. Then he cut around the

edges to make it like a circle, almost like an angel food cake style without the big hole in the middle. Then he took the rind of and covered it with whip topping and said to put it in the fridge to set up, then he put some berries on it, then you can cut it like a regular cake and just have a slice of the watermelon cake. I just thought it looked delicious and it is a very light snack. So if you might have a heavy meal, having some watermelon that is fresh and cold would be a very good way to end your meal.

This week we talked about different foods that are in season, we talked about the fruits and vegetables, please head on over to that website fruitandveggiesmorematters.org you can find the link to what is in season, to get some good ideas. You can always use fresh or frozen products, but if you are using something fresh locally that is going to be very helpful.

Try out some new ideas with veggies and fruits, I talked mostly about fruits today but try out fresh carrots and put them in your roast pork or something, try some fresh vegetables, they are very good. Look and see what is in season, it is very helpful.

I also want to remind you one more time, about the caregiver guide, and it will be getting mailed, so if you order it now, you will get it within the next week. After that everyone who orders after that will get it mailed same or next day.

I hope you had a great Father's Day if you are a father or if you have a father, whether he is still around or not, if you are close to your father, I hope you had a good day thinking positive thoughts. You may or may not know that my dad lives with me, so we had a wonderful Father's Day, my husband, he is obviously a father too, so he requested carrot cake, and I shredded fresh carrots, speaking of fruits that are in season, and I made a delicious carrot cake, I although I would not say that is the healthiest way to eat carrots, but it counts, I think. (HaHa).

So have a great week and next week I am going to be talking more about some different aspects of grocery shopping and looking for different things in the stores. I look forward to talking to you then. Thank you very much.

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!!