



This is our weekly talk about how you can succeed with a kidney diet, brought to you by [RenalDietHQ.com](http://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](http://RenalDietHeadquarterspodcast), this is Mathea Ford and I am releasing this podcast on June 25<sup>th</sup>, 2014, June 25<sup>th</sup> is a special day because it was my grandmother's birthday and

my grandmother raised me, so I miss her a lot, she has been gone a while, about 17 years. I am releasing the podcast a little late, and I apologize for that, we got a little busy around here.

I noted at the end of my podcast and in my email last week that I was leaving my job, so I am home now working full time and you would think that it would make things easier, so I would have everything done on time, but it just added to the chaos because now I am home all the time and I can do lots of things, I just need to get some better focus. Next week will be on time.

So, thanks for listening today, I am going to make it quick because I don't have a lot of stuff to talk about, but this week we are talking about grocery shopping and label reading, and I think an important thing to know is a grocery list when you go to the grocery store. Some things that are easy to have as snacks. So I wanted to go over some easy quick snacks that you can use. You can put them on your grocery list and have them around the house, and they are healthy for you.

So those things that you know are fine, you can put them in your bag, you can take them with you to work, you can put them in your refrigerator, and they are all good. This is going to make me hungry so I am going to have to go have a little snack after we are done.

Kidney friendly snacks, I want to start with some fruits and vegetables, first of all, always a small fresh apple, plum or pear, those are low in potassium and phosphorus. You can

have about a cup of the berries, like cranberries, blueberries, raspberries or pineapple. If you want to do canned fruit you can do canned peaches, pineapple or fruit cocktail, or a cup of pears. One thing that I have tried this year, which was new to me but it was absolutely delicious was frozen grapes. So you can have a ½ cup of fresh or frozen grapes to eat. You can try some apple sauce; maybe add a little cinnamon to it if you like that.

Some fresh vegetables might be celery, green beans, radishes, cucumber, and asparagus. Try those sorts of vegetables.

If you are need of some protein for the day or you need to get through to the meals without still being hungry, you may find that protein can help a little bit with that. Something like a hardboiled or deviled egg. A slice of French toast with a little bit of syrup, sugar free if you are diabetic. ¼ cup of egg, tuna or chicken salad on crackers if you can have them in your day or you can have a small meat ball. One of those should get you by till your next meal. Now obviously that does get into your nutritional allowance for protein for the day so make sure you are counting it.

Beverages and frozen treats, things that you can have. They count towards fluids so if you are on a fluid restriction you need to be aware of that. You can drink some lemon lime soda, diet soda or ginger ale or root beer; all of those are low in phosphorus. You can have some unfortified rice milk, fruit, ice or popsicles. It is summer right now and that just really sounds good, some fruit, ice or popsicles. Sherbet or sorbet, you can have some gelatin, you can have grape and cranberry juice. You can also have a little bit of apple juice. Just remember those things do count toward your fluid allowance for the day.

Some things that are sweet that you may want; sometimes we all get a sweet tooth, an ounce of pound cake or sponge cake. Some candy like peppermints, cinnamons, sours, gummies, soft mint, marshmallows, jelly beans; now obviously if you are diabetic you have to count these toward your carb., if you are not a diabetic you can have some of these things. One or two small cookies, like a butter cookie or ginger snap, a lady finger, raisin, short bread, snicker doodle, sugar cookie, or two fig newton's; now those can have a little more phosphorus so just watch out, 12 vanilla wafers, one nutri-grain bar mixed berry flavor, a small cake donut, a grape, apple or wild berry pop tart, just one of them not both, rice with cinnamon and sugar.

When I was growing up I would eat in the morning for breakfast rice with cinnamon and sugar, that was that same grandma I was talking about that today is her birthday, she would make that and we would put milk on it but you could put a little bit of rice milk unfortified on it, or try a little bit of half and half.

You can have a rice crispy treat, small sugar wafers, or you can have an ounce of teddy grams, watch out for how much you are eating when you eat that ounce. You can have an ounce of animal crackers plain, you can have 3 plain bread sticks, you can have a slice of bread, and you can have ½ of a bun, ¾ cup rice or corn cereal like the Chex brand. Five crackers so those crackers can go with the tuna, egg or chicken salad. Four squares of gram crackers and those can go with your marshmallows and notice I didn't say chocolate, so no s'mores. Four Melba toast rounds, 2 ½ cups popcorn unsalted, ten pretzel twists that are unsalted, two rice cakes of any kind, sugar free chewing gum, ½ bagel, ½ English muffin, one slice of bread with margarine, jam, cream cheese, honey, garlic or cinnamon and sugar. ½ ounce of tortilla chips, look on the label to see how much that is or 16 wheat thin crackers.

So, that is a big long list of kidney friendly snacks. I encourage you when you are in the grocery store to add some of these things to your list. Like I see the popsicles now, they are really easy to find. Gelatin, real inexpensive, just make a pan up and eat it. If you are diabetic make the sugar free gelatin. Use the lemon-lime soda or root beer, do the frozen grapes they are delicious so try them.

I don't want to hang on and babble for no reason. Again this week we talked about kidney friendly snacks and things you can add to your grocery list that will make it easy for you to just grab and go. You might put some of these in little pre-made bags, like the little the 16 wheat thin crackers or vanilla wafers.

That is all for today. I appreciate your time this afternoon or whenever you are listening. I want to say thank you to those who listen every week and those of you who catch up every couple weeks or so. I appreciate your time and respect the fact that you listen. I want to encourage you to send me feedback or any information that you want me to talk about to [podcast@renaldiethq.com](mailto:podcast@renaldiethq.com). Again thank you – Bye!

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