



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 your host Mathea Ford and this is our 28th podcast being released July 3rd, 2014. I am still on a Wednesday release schedule but I am a little

behind this week, so this is a day late. All the information I talk about you can find the links at renaldietHQ.com/028.

I want to thank you for listening, I have a group of loyal listeners, and I want you to know how much I appreciate you, I really do, do this for you and I want you to know that I thought about not doing it this week and I knew I had to because of you and your commitment to me.

Today I am going to talk about a couple things. This month we are looking at picnics and eating out and I want to talk about picnic safety and food safety today. Then, later in the month I will talk about eating out.

Picnics can be great ways to enjoy your summer days, here in Oklahoma it's been 90° to 80° in the evening it gets down to 70° and we actually sat on our back porch last night and watched fireworks booming in the distance. It was beautiful and very little humidity, not something that is normal for Oklahoma in July.

Picnics are a great way to enjoy a summer day and I want to address that and give you some thoughts to keep that food safe because I don't want you take food and have it out at the picnic, and the food be unsafe. I want to review about how to keep your food safe. A lot of time people use leftovers for their picnics; those need to be put away correctly so you can use them safely.

I also want to talk about keeping your fresh produce in a safe manner. Then a little preview for next week, I am going to talk about July being berry month, and a lot of the

things you can eat with chronic kidney disease are like blueberries, blackberries and strawberries.

This week I am actually making strawberry cobbler for my family for 4th of July. We have blackberries in the back yard that are delicious as well. So next week I am going to talk about that and then I am going to talk about some myths related to food safety. I am going to give you all of the resources at the [website](#) for you to review.

For those of you who are in the U.S., if you are celebrating, Happy 4th of July. If you are not celebrating or if you celebrated earlier this week in Canada, Happy Canada Day. If you are in England I guess I don't know what you would be celebrating.

To get started, I want to talk about keeping your food safe when you are going out on a picnic. Anybody can make a picnic, it doesn't stop you just because you have chronic kidney disease, in fact I actually encourage you, if you feel good enough and it is a nice enough day to get out there and do that. A lot of the times we leave leftovers in the back of our refrigerator and don't know how long it has been there, we didn't do anything to label it; it may have some things growing in it.

Have you ever opened your bread and see that green mold and go "Okay, I guess I took a little too long to eat that bread". A lot of times, food can be unsafe and not even have that on it. It might have an odor or it might not even look or smell or taste bad, it just is and you don't know it.

When you make food, you should cook it to a certain temperature, and that all depends on the type of food, but for the most part it is around 160 ° internal temperature. Cooked foods should not remain at room temperature (so when you are getting it out and setting it out for everyone to eat) more than two hours. The quicker you get it in the refrigerator the better. Cover it up, refrigerate it, I know it is easy to leave things on the counter, but you really should get them put away as soon as possible.

There are some foods, like fruit, apples or oranges or bananas that can be left out at room temperature and stored for several days. You shouldn't leave food out to cool, I know sometimes you think it is strange to put it in the fridge to cool. You should put it into smaller dishes and then put it in to cool. And if you use my meal plans, you know a lot of times the meal plans are for 4 to 6 people and it may be only two of you, so what I recommend a lot of the time is for people to take those and kinda divide it in half and save them for the next day. That involves you cooking the whole meal, then you need to refrigerate it as soon as possible, the part you are not going to eat right away. Put it in your refrigerator as soon as possible, cover it up or put it in a covered container, you can freeze it if you like, just make sure it is not in a big bulk amount so it can freeze quickly.

Some foods can be left at room temperature and stored on the counter top or in covered containers. We all know canned foods can be put in cabinets. Bread can be left on the counter in its original packaging, but it keeps longer if you put it in the fridge. It may not taste the best; it may taste a little stale if you keep it in the fridge, but what I also tell people to do is, I had a customer who I was talking to the other day, and he told me he was eating like an Ezekiel type bread, but he didn't eat a whole lot because he was diabetic, so what I recommended to him was that he put it in the freezer. That bread is very expensive, so put it in the freezer and take out a couple slices at a time, and allow it to come to room temperature. So maybe set it out for an hour, or toast it if you want it toasted, that way you are not going to have bad bread, but you still can have it, and it will still be available to you.

I am going to give you some examples of things that you can store at room temperature. Apples, pears, oranges, any sort of uncut fruit. Maybe like a mango or something. You can store it for 3 to 4 days at room temperature and then put it in the refrigerator. If you put a store bought loaf of bread out on the counter it is about 7 days then you should put it in the fridge.

Canned fruit, tomatoes, pickles, anything acidic can be in the cabinet for 12 to 18 months. Canned vegetables, soups and meats, which are canned 2 to 5 years. Unopened things like crackers, chips, snacks are good for 3 to 8 months. Now, that just depends, I would look at the expiration date that is on those products and see what type of expiration date it might have on it.

Refrigerated storage, refrigerators help to cool down foods quicker. To help them do it quicker, I talked about earlier, breaking foods into smaller amounts, into shallow containers. If you have some small quart size bowls or pint size bowls, that you have lids for. You can break food down into smaller amounts to make it quicker to cool. Cut up larger pieces of meat, for example, we had meatloaf and I cut the whole loaf into the slices, firstly so it was evenly cut, but second of all, now when I store it there will be some air space between and it will cool much easier.

Refrigerate or freeze perishables, prepared foods and leftovers within about 2 hours of creating them. Your refrigerator should be about 41° or below, Fahrenheit. You should have some sort of thermometer in your refrigerator telling you that. When you put items in the fridge, make sure that you spread them out, so there is good air flow around everything. You don't want to cram everything on one shelf, where the air can't flow around, that is not going to let it get enough cooling. Refrigeration just slows down the process of bacteria growing. So things like milk and dairy only stay good for a certain amount of time, it is not indefinite.

Food should always be covered in your refrigerator, first of all, to slow down the growth of bacteria but second of all to keep it from affecting other foods or absorbing the flavors of other foods.

Remember what I said at the beginning about having the thing the back of your fridge that you didn't know what it was? You need to label your food, label your containers. It is really helpful, especially in the freezer if you label what it is before you put it in there. It sometimes can be a while; I know some restaurant's do this for you, but if they don't when you bring something home from the restaurant, please write it on there.

If a food looks or smells bad. Throw it out. Don't put too much in your refrigerator; try to make sure the air can circulate.

Most of the time, fresh ground meat, poultry and seafood are good for 1 or 2 days. Any sort of cooked meat or casseroles are good for 3 to 4 days. Your lunchmeats are good for about 3 to 5 days. Steak or a roast 3 to 5 days. Milks, creams, cottage cheese and ricotta cheese are good for 7 to 10 days. Then fresh eggs in a shell or a hard cheese that is not shredded are good for about 3 to 4 weeks.

Last but not least, you have a freezer, and your freezer, if you have leftovers that you know you are not going to eat in the next couple days, you can put them in the freezer to stop bacteria from growing. Your freezer needs to be below 0° Fahrenheit. You should have a thermometer in there telling you. You can keep your food from getting freezer burn by using them as quickly as possible, keep your freezer as close to 0° as possible, and put them in good air tight containers. I put things in the Ziploc bags and then I use a straw and suck out the extra air, to keep as little air in there as possible.

So to use them as quickly as possible, I use the first items I put in there. So if I put hamburger in there, I am writing the date on it and pulling out the oldest date first.

Prevent ice cream freezer burn by placing plastic wrap on the top before replacing the lid. So if you put plastic wrap on top of the ice cream. Then label and date your food and use the first in first out method. Ice cream is good for about 1 to 2 months, bread, ground meat and cooked dishes or casseroles are good about 2 to 3 months. Fish and seafood are good about 3 to 6 months and any sort of fresh meat will be good 6 to 12 months. If you followed all the guidelines beforehand like properly cooking it.

Now we have talked about the ways to store your food, so if you have some food in your fridge, and you are going out for a picnic, one thing you may want to do is make sure you have some sort of ice packs in your picnic basket and that you have a little cooler area. Wrap things up in towels so it stays cool. Only take the food out about an hour before you are ready to go on your picnic.

Don't, if you don't have a cooler, don't take your picnic and carry it around with you for 2 or 3 hours at the zoo then pull everything out because that will just be bad. Take your picnic items and put them in your basket with ice packs on them, then the things you don't need ice packs for, keep them separate, but try to keep all the foods that need to stay cold together.

The other thing you can do is not make your food until you get there. So if you are going to have sandwiches, don't make your sandwiches until you get there. Take your lunchmeat, bread and keep the separate if it is going to be a while and keep them cold, then make them when you get to where you are going to eat. Also consider taking baby wipes or something to keep your hands clean. So before you eat you can wash your hands off.

When I think about fresh produce that is great this time of year, like at the farmers market, or at the grocery store, important things to look for is making sure items are not bruised. I bought tomatoes this week for example, and I looked at them and several had a big dent, I think sometime it is a little rough on them in travel. Peaches and nectarines are the same thing. Just about any fruit can get bruises and just make sure to check for them.

Bag your fruits and vegetable separate from your meat, especially your chicken that just makes a lot of sense because a lot of bacteria can grow on those products and you don't cook fruits very often. So make sure to bag them separate from the meat, poultry and seafood.

Anything that is perishable like strawberries, lettuce, herbs or mushrooms we already talked about how apples, oranges and bananas can sit on the counter, but strawberries, onions and that type of thing needs to go in the fridge. Anything that is pre-cut or peeled needs to go in the fridge.

When you are getting ready to make something, what I like to do for a picnic is to pre-peel the orange, cause otherwise it is messy, when you are out there eating an orange, or if you are going to have a banana, you can cut the tip off, now I know oranges and bananas can be high in potassium so if you are not able to eat those, don't worry. An apple can be easily cut ahead of time and then dipped in lemon juice and water, and it will keep it from getting really brown. You can also buy apple slices pre-cut that are very nice. Your strawberries, you can cut the tops off ahead of time. Just get things ready before you go and wash your hands before you start preparing food. Cut away any of the damaged or bruised areas on your produce that you may not have seen earlier. If anything looks rotten, or has green mold or anything, throw it away.

Wash things before you eat, to me, washing fruits and vegetables, If you want to do a little bit of a vinegar wash, that is okay, but really water is enough.

Pre-cut bagged items like lettuce are pre-washed, so if the package says it has been washed, then you don't need to wash it again as long as it says that.

Even if you plan on peeling things ahead of time, make sure you wash it first; there can be chemicals and stuff on your fruit that you can transfer to the inside if you don't wash your fruit first. You don't need to wash them with soap or detergent or commercial produce washes, you can use water and that will work fine.

Scrubbing it with a clean produce brush will help. Tonight I made potatoes and we have a produce brush, and we scrubbed them and dried them with a clean cloth towel to prevent more bacteria from spreading to other things. Try to prep your fruit before you go out. Separate things into bags, and like I said, pack as close to as possible to when you will have your picnic, then put ice packs if you need to, and you don't need anything fancy for an ice pack bag; just a Ziploc bag and put some ice in it, close it up and that will help keep things cold. That will help to keep things safe.

So, this week I talked about food safety and keeping healthy when storing your leftovers and going on a picnic. This month we are going to talk all about picnics and eating out food safety. I would appreciate any feedback to podcast@renaldietHQ.com

I really appreciate you listening to me, wherever you are, and I hope you have a great weekend. I hope whatever you plan to do is a healthy thing. We will talk about exercise in a couple of months.

Again the preview for next month we are going to talk about berries and healthy things you can do with berries and more food safety.

Thank you very much for joining me this week!!

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!!