



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 our podcast number 32, and you can find more information at www.renaldietHQ.com/032 and this is Mathea Ford, your host.

I want to wish you happy end of July, it is July 30, 2014, and this month has been very mild here in Oklahoma, I hope your month is going well. It is starting to get back to school time and we are ending the month of talking about picnics, eating healthier and keeping food safe. So this will be the last podcast about those topics. This week I am going to talk about eating more salads, fresh salads and talk about farmers markets a little bit.

First I want to talk about the American Association of Kidney Patients National Meeting. I have decided I am going to go to the meeting. I am very excited because they have asked me to do an Experts Table. I can let you know in about a week or two, which table I am going to be doing. I will also have books available there and there will be a time when I will be available to sign books. I will let you know when you can come by the Market Place and I will sign your book. If you want to come it is in Las Vegas, from September 26th to the 28th, it will be at the Flamingo Hotel, so if you live in California, Nevada or around that area and you want to go. It is very targeted for patients. 80% of the people there are patients. It does cost money to go, it will cost for the hotel room but if you can go it is a great learning opportunity. I want to encourage you to go, but I also want you to know that anything I share at the meeting, at my table, I am going to come back and do a podcast on it, so you won't miss out on that information. I will probably have a handout that you will be able to go to the website and see what I talked about. I am looking forward to having more opportunities to work with the AAKP in the future.

So I will be at the meeting, if you go to www.renaldietHQ.com/go/AAKPmeeting2014 that will be in our show notes at www.renaldietHQ.com/032 If you click on that, it will take you to the information about the AAKP national meeting and you can learn more there.

Aside from that, other things going on, next month we are going to be talking about healthy meals at home, herbs and spices, and we will talk about how to keep your busy schedule from messing up your diet.

This week I want to start out with talking about using food safety and keeping food safe even when you are going to the farmers market.

So farmers markets are a way to get fresh produce and items that are probably less expensive, you can go a couple times a week and they are extremely fresh. That is what you expect to find at a farmers market. You get to know your farmers, you can talk to them and ask them where do they grow, where do they come from, and when did you pick them. You can find lots of healthy things; those are the things that are going to be in season, so you are actually being healthy and saving money at the same time.

What I would do is recommend that you look at farmers markets as a way to find some more vegetables and more fruits for your diet. Fruits and vegetables have more fiber when they are whole, not drinking fruit juice, but if you eat a piece of fruit or you eat the vegetables, you will get more fiber. That will help with heart disease, lowering your cholesterol, you will get more folate, which is a vitamin that helps with heart disease and makes you healthier overall.

Potassium some will have higher amounts of potassium, if you are not limited in your potassium than that will help with blood pressure control. You know which fruits and vegetables are high in potassium and which ones are better for you if you are on a restriction. Just remember that it is going to be fresh and you are going to get amazing flavor from these items.

Vitamin A is going to be more in these fruits and vegetables, and vitamin C and those are going to be able to help you fight infections. Try to eat a variety of colors. You have the blue and purple vegetables; you have the green vegetables, white, yellow, orange and some red. You should try to find a way to make your plate look a little bit like a box of crayons. Not all white and yellow, but add the green, orange and red with your starches and with your meats and other items on your plate.

Moving on to food safety at a farmers market, it is important to go straight home. Just like if you went to a grocery store. Don't go buy items at the farmers market then go shopping five or six other places. You don't want to leave the food in a hot car. You buy some perishable items at the farmers market, like eggs, and you want to make sure you

are able to take those straight home. I am going to have to go to a farmers market in the next week or so and take some pictures and post them, so you can see some of the things that grow around here.

Different fruits and vegetables have different requirements for storage and it is just best if you can bring them straight home. Foods that are best kept a room temperature would be bananas', melons, onions, potatoes, sweet potatoes, tomatoes and winter squash. You should put them on your counter away from direct sunlight, away from your meats; some produce can be ripened on your counter, and then stored in the refrigerator. Produce like peaches, pears and plums. You don't want to put them in sealed bags on your countertop. You want to just leave them open. Most other fruits and vegetables should probably be put in the refrigerator and you should keep them in the 'crisper' drawer or in a separate section for them.

Fruits can give off ethylene gas, which can shorten the life of vegetables. So, you don't want to have the vegetables that give off odors, like onions, that will affect your fruits and you don't want your fruits right next to your vegetables. Try to keep them in two separate drawers or areas.

Refrigerate your fruits and vegetables in perforated plastic bags if you can. That will allow them to have dryness and for the gasses to escape.

Store your meats below the vegetables and fruits. You don't want you meat to drip, raw or cooked to drop onto the fruits and vegetables. Always wash your hands. We talked about that last time, washing your hands thoroughly. Wash produce when you use it, not when you bring it home.

So don't bring it home, wash up a whole bunch and stick it in the refrigerator. It has a protective coating that nature puts on it, just rinse it under clean water, rub it, and if it has a thick skin, use a vegetable brush. Rinse produce, even when the peel is removed, such as oranges. Bacteria on the outside of the produce can go into the inside when the produce is cut or peeled. Remember you need to cut or peel it close to the time that you are going to use it.

Bring cash to the farmers market; they usually don't take credit cards. Although some may now with the ease of the Square and PayPal credit card chargers. Take your own canvas bags. Most of them won't have bags. Take a reusable bag, or plastic bag. Dress comfortably; it will be a little warm because they are usually outside. They will set up in any sort of weather; if they are big you may have to do a lot of walking. Just remember to go early in the day, if you can, because that will help, you will get fresher items.

If you go towards the end of the day, they may be willing to give you better deals, because they may not want to take everything back home.

Buy foods that you will eat; within in short time, so within the next two or three days. So, again, a meal plan is very important. Keep your meals planned out. Know what you are going to eat in the next couple days, and what you need to buy.

Speaking of farmers markets, at the farmers market, you might get some lettuce, some radishes, cucumbers, tomatoes and onions, all those things that are yummy to eat. A great thing to do, is then mix up a nice salad.

I would encourage you, to eat your heavier meal at lunch and a lighter meal at dinner, then your body won't have to take as long to digest it. Use your greens, which are a good source of vitamins, add some vegetable toppers. So if you buy lettuce at the farmers market, make sure you buy some other vegetables and stuff you would like on your salad. You might add some chick peas at home, or a grilled chicken breast. Good super toppers might be some dried fruits or a little bit of nuts, but remember nuts have protein that can affect your kidney disease, so be careful with them.

Keep your fruits healthy by cutting them close to the time you are going to use them, add some attention to the use by dates on things you get from the grocery store. If you get a bag of lettuce, it probably has a use by date, just be cautious and remember that. Don't use a lot of salad dressing. We talked a couple weeks ago about how to make a nice salad dressing that you can use for this, that won't have a lot of preservatives and potassium and phosphorus, it will be low in those things and you can add a lot of herbs to it.

I personally love balsamic vinegar and I am a sucker for lemon juice, so I like a little bit of lemon juice and a little bit of oil, it just makes it really yummy. Even when I go get a sandwich at like a Subway or Firehouse subs, I get mostly vinegar, I say a little dab of oil and lots of vinegar, I just like that flavor. So if you can, try to use a higher percentage of vinegar, but always remember, even with a salad, you are looking for that variety, color and texture that will add fiber and vitamins and minerals to your meal, it will taste so much better because it is fresh, when you use the farmers market things. When you use produce as fresh as possible, as close to the picking time as you can, it will be the best thing for you.

So this week we talked about the AAKP National Meeting, if you are interested in that, I would like you to check that information out at www.renaldiethq.com/032 will have the link to the national meeting. I also talked about farmers markets and making nice salads.

I am going to go in the next week and write up a blog post and so a review on local farmers markets and I will take some pictures and give you some inspiration. I look forward to talking to you again next month. I hope your July has been great. Next month we are going to talk again about the health meals and the herbs and spices.

Also farmers markets might be year round, but a lot times they are just from maybe March or April to October, or that is how they are around here. Depending on your growing season, I encourage you to find the ones near your and go see what they have, talk to the farmers, ask questions.

Okay, I will talk to you again next week. Thank you so much, Goodbye!!

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