



Hello and welcome to the Renal Diet Headquarters Podcast, this is number 45.

I am your host Mathea Ford. I wanted to talk to you today about things that are important to people with kidney disease and kidney failure. And you can find all the notes and the information I talk about it at www.renaldiethq.com/045.

I want to thank you for listening in. I know it's been a few months since January since I've published a podcast and just suffice it to say I took a little bit of a break and I'm back now to share my knowledge my insights with you. I have been working hard on getting a consistent podcast schedule, so hopefully you'll see that come out.

In July we're going to talk about healthy picnicking and ways to eat healthy, when you're kind of out and about doing summery type stuff. And today, July 9th, our topic is summer picnic ideas for people who have kidney disease. And you may think well that's not a big deal, but I know that really is because the normal picnic is like cold fried chicken or sandwiches with chips and some of that can be just really wrong for you. So I really want to talk about some good choices.

So let's talk about, first of all some great foods for grilling. I just want to get right into the topic and talk to you about it, it's not going to be super long podcast but it's going to be full of great information.

So great foods for grilling: Grilling is one of the healthiest ways to cook your food, you get all that fat dripping off and you get... you don't have to use fat on the grill, it just gets on there and leaves nice marks, that good smoky grill flavor taste delicious, and you can marinate things ahead of time. You can use like some Italian fat-free Italian dressing. I like to use for marinate... to get you a little bit extra flavor you can use rubs on the grill, you can use rubs in a smoker, the other thing you can also do is for like fish or something you can package it in, it's called packets, you put your fish in there, can you do like some grilled, some vegetables that you might like to have with it and maybe a little bit of juice, like a lemon juice. So you may put like a piece of fish in there and then put some green peppers, some onions, some green beans and roll that up on the top so it is closed like a little packet, cook that on the grill and then it'll be a delicious way to have that food that's not just unflavored but it's also gives you your whole meal right there when you open it up.

Anything can cook on the grill... meats and vegetables and more you can grill to perfection you can put shrimp and salmon on there. You can put your shrimp on a little skewer and chicken, those are all kidney friendly favorite foods that you can eat. Remember to stick to about four ounces, so three to four ounces, especially with pre-dialysis kidney disease, you want to stick to that amount.

How do you know how much that is? The palm of your hand usually is about three to four ounces that you can eat, not too thick. Use salt-free rub so you may have... remember I mentioned about a rub, you may have a rub that you can put on there, make sure it doesn't have any extra salt in it. All the other herbs and spices are fine but not salt. So just try to avoid adding salt.

You can find lots of recipes online... and but I think the main thing that I really like to do is like I said with the packets, or with the Italian dressing, the fat-free Italian dressing should be able to find some that are low in sodium and just try to build yourself that little bit of marinate taste in there that gives it kind of a good flavor. I

like [Briannas](#) it is called real French dressing. It doesn't have any added sugar and I like to put that on my meat after it is cooked on the grill. And I'll leave you some information about that.

Another thing you can eat besides grilling, another thing you can do when you are picnicking or eating out is to have a salad. And it is important to know that, you know salad you got to kind of keep them cold so you got to be careful. But there's plenty of easy to make and delicious salads and sides, that go perfectly with either your grilled foods or foods that you bring along to a picnic or by themselves. I love, love, love making a salad and adding like a little bit of beans, a little bit of corn and some chicken, like some grilled chicken dicing it up putting it right on top and then putting that dressing on top, it's a very complete meal.

So they're very portable, they're very easy to take along with you. Use them in your sandwiches, you can make the chicken salad, for example. Chicken salad is super easy to make, you just have to be careful how much you put on your sandwich, but you basically put mayonnaise and I put dill pickle relish, put a little pepper in there. If you don't like dill pickles, you can use something else. But little mayo you could chop up some celery in there. Some people put almond, some people put grapes you know. Just do it to your taste. I love to toast the bread and use that as a delicious way to have your meal. Use chicken salad, tuna salad whatever you have make sure you're trying to stick to just that 3 ounces that we talked about. Make your chicken salad with a fat-free mayo or low calorie mayo, so you're not adding a lot of calories. But use a little bit of chopped apples, use a little bit of the celery, little bit of the grapes in there.

The other thing that can make it easy to keep your portion small with the chicken salad and apple, kind of chopped apples, tuna salad whatever you make. If you take small little dinner rolls with you, and you cut them in half and you use that as your item for your meal instead of using regular bread. It's really easy to eat those, you

can have a couple and you can have about an ounce of meat on those each and you're not overdoing it with your protein. So think about that, make sure if you do take bread that you are using white bread.

Desserts when you're out eating, and let's talk about that for a minute. You can make some healthy delicious desserts by just grilling fruit on the grill. And you may think what are you talking about? I've seen grilled watermelon; I know I've seen grilled peaches. I love peaches. Grilled nectarines, you can grill your vegetables obviously. But what... and pineapple, apples all of those. You just slice them thick and put them on the grill. The heat gives it a little bit of juiciness and it also just seals in that flavor and it makes them a little sweeter, it so ripens them a little more, just gives them little bit more sweetness. And they're so good that way. And if you've never tried them, I just want to encourage you to try them. And if you have done them, I just encourage you to do them a little more, it's really easy to do and just get those little grill marks on there. I saw watermelon pizza the other day on TV, which looks so delicious. But they had taking the watermelon slices and grilled it and just, just try it, I promise you may or may not like it, but just try it.

Add some fresh grated ginger or a little bit of cinnamon to your apples and peaches for an extra flavor boost. So you may cut them up and then just shake them up with a little bit of ginger or cinnamon and then put them on the grill.

Condiments are the one... another thing that you want to kind of be careful and cautious about because the amount of sodium that they have. Custom making your condiments can be very helpful if you want to bring along some of your own salt free ketchup or up for salt free lower calorie dressing. But many condiments have too much sodium, keep your toppings to minimum. You've got your onions, you can have lettuce, onions those types of things. But if your picnic food needs a little something extra like moisture to the bun, stick to the mustard, stick to mayonnaise,

add some peppers, add some onions to your meal to make them more flavorful. Try to avoid ketchup it has a lot of salt and a lot of sugar in it.

What do you need to avoid: When it comes to kidney friendly picnicking there going to be some foods that you are going to want to avoid. Be aware of anything that's covered in condiments like ketchup and barbecue sauce, barbecue sauce can be another one that's really sweet and a lot of salt. So ketchup and barbecue sauce. Unless they're made with kidney friendly recipe that you know of or like I said you can buy the low-sodium ketchup in the store, you should avoid them. Those sauces have an enormous amount of additives.

Casseroles can have a lot of added salt as well, because a lot of times they're made with pre-made sauces. Luckily you can find lots of healthy options for summer picnics and lots of the summery foods on my blog this week. I'm going to publish a summer cobbler with Blackberries and strawberries that I made for my family for Fourth of July. I'm going to publish that is a recipe this week. I also am going to put a link on the blog and the show notes renaldietHQ.com/045 in there I'm going to put a link to the casserole dish that I have that you can basically make your own. And it allows you to assemble a casserole dish that is very kidney friendly, which I think you'll love and will make your life a lot easier especially if you make this up ahead and you freeze it and you use it for those nights during the week. The other thing is you can take it out like I said out you can go to potlucks and stuff like that with it.

So that's all I have to say about summer picnic ideas. I hope I gave you some new ideas, new thoughts on what to do for a picnic idea. I want to thank you again for listening, thank you again for coming back. I hope that you'll find these podcasts nice and short and informative. I really enjoy talking to you.

I would like you to send a note to me about what else you would like to hear at to podcast PODCAST@renaldietHQ.com. And also ask you if you enjoy my products and

you're all interested in them, then please let me know and send me a note and I can send you some information or I can send your doctor information if you really think they should know about it. Just let me know at and you can email that to the podcast@renaldietHQ.com as well.

That's it for this week. Next week I'm going to talk about ways to lower your risk when you're out on a picnic, things that are so easy that are hard to eat those type of things. So that's what I'm going to talk about next week. And I look forward to that. Have a great weekend, bye-bye.

You've been listening to the Renal Diet Headquarters podcast. Head on over to the website at <http://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!!