



Hi there, welcome to the Renal Diet Headquarters podcast number 46. I am here to talk with you again about things that are important to people with kidney failure. You can find all the notes and information

I talked about this for this podcast at www.renaldietHQ.com/46.

Last week we talked about healthy picnicking, summer picnic ideas for people that have kidney disease. I talked about good foods for grilling; I talked about sensational salad; easy desserts and what type of items to avoid. You could go to the show notes for that and you can see my link to a nice casserole recipe, that is good if you could take a long hot item with you, that you can make that's very kidney friendly. This week I want to talk about what to avoid taking with you on a picnic. So I'm going to talk about things that you should not take with you and I'm going to give you some ideas for easy solution to that.

So the first one is eggs... egg salad is delicious and there're very few people on earth that can turn out down a deviled egg, but eggs are generally very bad picnic food and that's because they can spoil easily, they need to be kept cold and they can smell really bad if you leave them out for a period of time. You can probably best to save your favorite egg recipes for your next indoor potluck where you can keep the foods at the right temperature. Now some people like to do hard boiled-eggs and I think hard-boiled eggs are one of the easier foods to adjust to this, so if you wanted to take hard-boiled eggs what you would need to do is cook them; peel them and then put them in a small baggy and then put that baggy inside a little bag of ice or something

that is going to keep them cold. You want to keep them at about 38° or less. That's the right temperature to keep the cold foods at. So if you can you want to take some hard-boiled eggs and they're in your diet then feel free, otherwise avoid eggs products.

Number two something that people like on a picnic is a sandwich. And I think the sandwiches are great things as long as you do a couple things. You don't want soggy sandwiches, you don't want sandwiches that are going to be mushy in the middle and just kind of get everywhere. So they're easy and delicious for picnics, if you have kids involved that makes them even better. Many sandwiches are going to end up being too much trouble though or might end up being inedible by the time you arrive at your picnic. And there are two things you can do to affect this issue.

First one is that you can just not bring sandwiches that are good to end up soggy, which unfortunately means like no peanut butter and jelly sandwiches for the kids or instead you need to stick to sandwiches they do not rely on mushy ingredients and go with your simple meat cheese and lettuce options. And all your condiments on the side. The other thing you can do which I'm going to talk about with the next one, is you can bring your peanut butter; you can bring your jelly and you can bring your bread separately. So that it can be assembled on site. The problem with peanut butter and jelly is they are kind of messy to assemble and site, so you probably just want to avoid that one completely.

The second more desirable option is to choose sandwich options that are easily assembled and things like chicken salad sandwiches are great example. You can bring a container of your favorite homemade chicken salad and put it on the bread, without many other condiments so you don't need to bring the mayo and mustard and stuff on the side. Now a really good recipe for chicken salad that's appropriate for kidney disease, is to cook a chicken breast or two depending on how many ounces you're wanting and chop it up and then put a little bit of mayonnaise in

there, a little bit a relish and some pepper, mix it up yourself and then and you have it and you can use a little more mayo if you want to. But that will help you to make a good chicken salad sandwich that you could take along and with your chicken salad you want to put that in a cold container where it won't get hot and you want to keep that below 38° as well.

Okay another one which seems really obvious but I had to throw it in there. Ice cream... ice cream is just way too much trouble you have keep it frozen and that's really difficult to do. You just are going to have a melting, drippy, sticky mess and honestly that's just something that you don't want at your picnic.

Now something you do want to bring along for sure is handy wipes or some way to wash your hands if you don't want to buy little handy wipes, you can wet wash cloths and put them into zip lock bags and have them in there so that when you're ready to clean up you can wipe your hands down.

But if you want something frozen, buy it when you're there. So if you go to a park check out where the convenience stand is or the ice cream vendor that drives around or whatever it is. But just don't bring it with you and because it's really going be messy.

Another food you should avoid is fried chicken and that is several reasons. That delicious picnic staple I know you've seen lots people have it ... pictures with the picnic they bring out the fried chicken, but it has the potential to go bad and make you sick especially if it's been cooled and then reheated by sitting out too long cause it can... and it's really hard to make sure that you cook it long enough. So to make sure it's completely cooked. And the second reason is because it's really messy, there's lots of grease, lots of bones, and lots of napkins. And it can be very unhealthy food. So unhealthy in the first place, anything deep fried should be avoided. Especially for people with kidney disease, it's messy and it can go bad.

So just avoid fried chicken. What should you eat instead is like a healthier sandwich or bring along some other types of foods that you like that don't fit into these categories that I'm talking about. Maybe you would bring something that you can keep cold enough but not go bad not be soggy or whatever.

The last thing I want to talk about is foods that require too many utensils. Obviously picnic is kind one of those eating with your hands, being portable so anything you have to cut with a knife is going to be difficult to do unless you cut it ahead of time. You might think about a good thing to be like kabobs, like shrimps kabobs or something or beef kabobs. If you were going to assemble those on site. So what you could do is cook your meat cook, have your food there cooked and then put them on the skewers, or if you're going to grill there, grill on skewers which is easier and then take it off and each person kind of gets one. Helps you control the amount of meat that you're getting and allows you to add vegetables to your meal a little easier.

Another thing that you may not realize is that you can easily eat peppers... raw and those are very good. Raw so what you may do is cut up some peppers and some carrots and take those with you to eat, kind of as an appetizer or on the sides. If you have a sandwich you could also have some peppers and some carrots maybe even some cucumbers. But anyway we are talking about portable and handheld that reminded me of that.

Anything you cut with a knife is going to difficult especially if you are sitting on the ground. So either choose only handheld foods and foods that are simple to scoop up with one utensil like a fork or a spoon. Or hold your picnic somewhere where you'll have access to tables, I mean that's another easy solution, in this case make sure you're using quality utensils, you don't want it to break, you don't want your utensils to break and then getting your food or whatever fall on the ground. You want to, if you're at a picnic table you want to cover it with something because

there's lots of things that are on the table. So lots of the bad germs, you want to cover it with something and you want to have some germ-X or type of hand sanitizer with you that you can use to clean your hands before hand and then when you wipe your hands down afterwards, also use some of the hand sanitizer afterwards. So that you can easily keep as clean as possible. And hopefully there's a bathroom near, where you can go and wash your hands and dispose of your trash. Otherwise obviously you need to put it in the trashcan.

So today I spent some time talking to about what to avoid with picnics, we've talked about what to do, eat with picnics, so I want to thank you for listening this week. I really enjoy doing these podcasts and I hope you enjoy listening to them. This week is another short podcast, but hope it was packed full of great information. Please send me notes on things you want to hear about more at podcast@renaldietHQ.com.

That's it for this week, next week I'm going to talk about vacation travel and healthy eating ideas. So get that on your mind thinking about and send me any ideas, if you have other some things you'd like me to talk about regarding that. And I'm going on vacation pretty soon too, but hopefully I'll get podcast recorded ahead of time, so you'll be able to have an un-interrupted hearing of the podcasts. So talk to you soon again for this podcast go to <http://www.realdietHQ.com/046> and we'll talk to you soon. Thank you.