

Patient Tips for Healthy Living



Network 8, Inc.

2nd edition

Plan to Enjoy Holiday Parties

The holidays are fast approaching and you want to attend parties and choose wisely from the bounty of foods available. The best thing you can do is plan ahead. Don't be shy about letting friends and family know what types of foods you can have and which ones you need to limit. Below are a few tips to help you along the way.

- Before the party, contact the host and ask if you will be served a meal or appetizers and ask for the menu if it is available.
- If appropriate, ask the host if you can bring a dish. This will allow you to bring an item you know you will be able to eat.
- If there will not be many items at the party you can eat, before going have a low potassium snack such as:
 - tuna sandwich
 - and "restaurant style" tortilla chips, salt-free crackers with a bit of cream cheese, shrimp, or crab.
 - Lower potassium vegetable snacks such as sweet peppers, carrots, and celery.
 - Lower salt snacks such as: pretzels, baked chips, baked corn chips, or air popped popcorn.
- Limit sodium, sugar, and fluids on the day of the event. (No need to limit sugar if you are not a diabetic).
- Take chewing gum or hard candy (sugarless for diabetics) with you to help control your thirst.
- If there are any unfamiliar foods, don't eat them or ask about the ingredients.
- Talk with friends and family away from the food table until time to eat in order to avoid overeating.



Image compliments of allthingschristmas.com

Holiday Meals at a Restaurant

If you are traveling out of town for the holidays or simply going to eat nearby with friends and family it is important to know ahead of time the type of restaurant. While you wait to be seated ask for a copy of the menu and review it. This will allow you more time to make your selection. Be aware of extra sodium in sauces, gravy or salad dressing and ask for them to be served "on the side". If food choices are limited or the restaurant cannot adjust their preparation, consider sharing the main dish with a companion or ask for a "to-go-box" to be brought with your entrée so you can take part of the food home with you. Choose plain cake, lower potassium fruit pie or sorbet for dessert. If you are diabetic, discuss possible dessert choices with your dietitian.

Holiday Shopping Trips

Grocery shopping is always needed when preparing for the holidays. One of the most important things to do is make a list before going to the store and talk with your dietitian about any items you are unsure about. Below are other useful tips.



- Read the food labels before purchasing items. Look at the amount of sodium per serving. If the sodium content in processed foods is greater than 300-350 mg per serving, it might make you thirstier.
- Try to prepare as many foods as possible from scratch. This will allow you to substitute

ingredients to make the dishes more "dialysis friendly."

- Choose foods lower in salt. Avoid excess amounts of sugary and starchy foods if you are diabetic and have trouble controlling your blood sugar. This will help reduce your thirst and prevent you from drinking too many liquids.
- Choose fresh meat such as fish, poultry, beef, pork and eggs over processed meats such as ham, bacon, corned beef, luncheon meats, and sausage.
- Choose lower potassium fruits for pies and cobblers. If adding ice cream to it, use a small amount.
- Remember your phosphorus binder with your meals when dining away from home.

Image compliments of thefellowshipcup.org

Holiday Dialysis Friendly Recipes

Roast Turkey with Fresh Sage

www.kidney.org

Ingredients:

1 teaspoon canola oil
1-12 pound fresh turkey
½ onion diced
1 bunch fresh sage (.75 oz) or rosemary
2 teaspoons poultry seasoning



Image compliments of hungrypoodle.com

Directions: Remove giblets and turkey neck from the cavity. Wash the turkey inside and out; pat dry. Remove any pinfeathers from the skin. Sprinkle the cavity with poultry seasoning and place the diced onion and fresh sage in the cavity. Oil the bottom of the roasting pan and place the turkey inside. Bake in a pre-heated 350 oven for 2 ½ to 3 hours; the juices should run clear when you stick your fork between the drumstick and thigh bone. Remove from the heat, cover with foil and let rest 20 minutes before serving.

Recipe Note: 3 oz serving of white meat without the skin. Calories 134; Fat 2.8 g; Cholesterol 59 mg; Calcium 16 mg; Sodium 54 mg; Phosphorus 186 mg; Potassium 259 mg; Carbohydrates 0.0 g; Fiber 0.0 g; Sugar 0.0 g; Protein 25 g.

Homemade Gravy

Ingredients:

roast turkey dripping
½ cup cold water
1½ tablespoons of cornstarch

Directions: Mix the ½ cup cold water with cornstarch in a small jar. Shake and stir hard to remove all the lumps. Add enough water to the meat drippings to make 1½ cups. Place in a small saucepan. Gradually stir in the cornstarch mixture. Cook over low heat, stirring constantly until mixture comes to a boil and is thickened. Season to taste with onion, celery, pepper and sage if desired. Makes two cups.

Reduced-Salt Easy Cornbread Dressing

Ingredients:

2 cups Martha White Plain cornmeal
2 whole eggs, beaten until fluffy
½ cup liquid non-dairy creamer or milk
½ cup chopped celery
1 teaspoon pepper (if desired)
1 can reduced sodium chickenbroth
¼ cup oil (canola is best kind to use)
½ cup finely chopped onion
2 teaspoons powdered dried sage
½ teaspoon salt (if desired)



Image compliments of southernliving.com

Directions: Combine all ingredients, put into a greased skillet or pan. Bake at 350 degrees about 30 minutes, or until mixture is firm in the middle.