



# What's on your Plate?

## Dialysis-Friendly Holiday Eating Guide

### FEAST ON THESE!

Enjoy these lower-potassium, kidney-friendly options:

- Tossed Salad
- Turkey
- Jell-O Mold
- Cranberry Sauce
- Dinner Rolls
- Cornbread Dressing
- Cherry Pie
- Apple Pie

### LIMIT THESE!

These foods are high in potassium or phosphorus - eat sparingly:

- Pecan Pie
- Olives
- Mashed Potatoes
- Sweet Potato Pie
- Potato Salad
- Candied Yams

### IMPORTANT TIPS

- Double-boil potatoes to reduce potassium
- Too much fluid can lead to hospitalization – watch drinks and “hidden fluids” in soups, gravies and gelatin
- Too much potassium can cause heart problems – choose lower-potassium foods
- Take phosphate binders with meals to help control phosphorus
- Avoid cola drinks – they are high in phosphorus



MAKE YOUR OWN

# HOLIDAY PLATE

Write your holiday food choices on your plate.

