



KIDNEYS R US

NEWSLETTER

Holiday eating for dialysis patients

By Ellen Cottone, MS, RD

The holidays are fast approaching. Many people look forward to the holiday season with a feeling of joy, anticipating good times with family, friends, and the enjoyment of delicious food. For dialysis patients, however, these times are often accompanied by anxiety, confusion, and the question, “How will I stick to my diet and still enjoy my favorite holiday foods?” Here are some good food choices, followed by tips for controlling potassium, phosphorus, salt, and fluid during the holidays.

Main Dishes		
Turkey	Prime Rib	Roast Pork
Roast Beef	Chicken	Fish
Desserts		
Angel Food Cake	Whipped Topping	Blackberry Pie
Sugar Cookies	Blueberry Pie	Peach Pie
Apple Pie	Cherry Pie	
Side Dishes		
Green Beans	Rice	Corn
Cauliflower Mixed Vegetables	Green Peas Homemade stuffing	Noodles
Breads		
White Bread	Dinner Rolls	Flour Tortillas
Salads		
Mixed Green Salad	Cranberry Sauce	Cole Slaw
Jello Salad	Pasta Salad	



Potassium

- Try to select more low potassium foods and only small portions of high potassium foods such as pumpkin pie, pecan pie, mincemeat pie, yams, sweet potatoes, white potatoes, nuts, chocolate, squash, gingerbread, and dried fruit.
- If you are planning on having a high potassium food at your holiday dinner, don't eat any other high potassium foods until you've been dialyzed again.
- Leach potatoes to lower potassium content:
 - ⇒ Peel the potatoes and cut into small pieces.
 - ⇒ Soak in large amount of water (5 cups of water for 1 cup of potatoes) for at least 4 hours or overnight.
 - ⇒ Drain the water and rinse.
 - ⇒ Cook in a large pot of water until tender.
 - ⇒ Drain the potatoes and prepare.

Phosphorus

- Try to limit high phosphorus foods such as cheese, baked beans, macaroni and cheese, nuts, egg nog, and ice cream.
- Always carry your phosphorus binders with you.
- If you will be eating over a longer period of time, spread your phosphorus binders out. Take some before the meal, and some after.
- If you are eating larger portions than usual, you will need more phosphorus binders.
- Take binders with all snacks and meals containing phosphorus.

Sodium

- Many traditional foods are also high in sodium. These foods include ham, self-basting turkeys, prepared gravy and dressing, and corned beef.
- Make your own gravy and dressing.
- At cocktail parties, nibble on lower salt foods such as crackers, pretzels, raw vegetables, or fruit.
- Eliminate salt from recipes.

Fluid

- Watch out for extra fluid. A few cups of punch can add up quickly.
- Plan ahead. If you know you'll be out and drinking more, drink less before and after. Keep fluid gains controlled prior to the holiday so you are starting out at your dry weight and are not already fluid overloaded.
- When eating out, ask the waiter not to refill your glass.
- Remember that jello and gravy count as fluid.

General Tips

- Do not skip meals during the holiday season. You will end up eating more later.
- Carry appropriate snacks with you when doing holiday shopping and errands.
- When eating out, remember to make wise food choices.
- Talk to your dietitian for suggestions of what to eat at your favorite restaurant.
- When in doubt about a certain food, keep the serving size to ½ cup.

The holiday season should be an enjoyable time for everyone. Following these guidelines can help make choosing appropriate foods less stressful for dialysis patients. Remember, all foods can be eaten in moderation.



Holiday Wishes

We're thinking of you this time of year,
Wishing you happiness, joy, and cheer.
May all your days be warm and bright,
And your nights enhanced by holiday light.

Enjoy your delectable holiday foods,
As parties and gifts create holiday moods.
Favorite people play a meaningful part,
While treasured rituals warm your heart.

You are special to us in many ways,
So we wish you Happy Holidays!

By Joanna Fuchs

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JOIN THE PAC

The Patient Advisory Committee (PAC) for QIRN3 consists of dialysis patients, transplant patients and family members of those patients. The committee meets once every two months to discuss issues relevant to ESRD patients. The PAC members have a genuine concern for quality of care issues and encourage patients to be involved in their healthcare. They are willing to share skills and experience with others. Each facility is encouraged to have a PAC representative. Talk to your social worker to volunteer!

Call toll free 1-888-877-8400 to join the PAC.