



KIDNEYS R US

FROM THE
QIRN3 PATIENT ADVISORY
COMMITTEE

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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.

Good Choices for the Holidays

Main Dishes

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|------------|-----------|------------|
| Turkey | Prime Rib | Roast Pork |
| Roast Beef | Chicken | Fish |

Desserts

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|-----------------|-----------------|----------------|
| Angel Food Cake | Whipped Topping | Blackberry Pie |
| Sugar Cookies | Blueberry Pie | Peach Pie |
| Apple Pie | Cherry Pie | |

Side Dishes

| | | |
|------------------|-------------------|---------|
| Green Beans | Rice | Corn |
| Cauliflower | Green Peas | Noodles |
| Mixed Vegetables | Homemade stuffing | |

Breads

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|-------------|--------------|-----------------|
| 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. Have a happy and safe holiday season!

HOLIDAY GREETINGS

HAPPY NEW YEAR

If it didn't bring you joy
just leave it behind,
Let's ring in the New Year
with good things in mind,
Let go of every bad memory
that brought heartache and pain,
And let's turn a new leaf
with the smell of new rain,
Let's forget past mistakes
making amends for this year,
Sending you these greetings
to bring you hope and cheer.

Holiday Wishes

Whenever there is happiness
Hope you'll be there too,
Wherever there are friendly smiles
Hope they'll smile on you,
Whenever there is sunshine,
Hope it shines especially for you to make each day
For you as bright as it can be.

JOIN THE PAC TODAY!

The Patient Advisory Committee (PAC) consists of patients from dialysis facilities in our ESRD Network # 3. The committee supports the mission of the Renal Network to improve the quality of care provided to ESRD patients and to represent and support the ESRD patient population. The committee develops the patient newsletter and promotes educational materials for ESRD patients. The PAC members have a genuine concern for the quality of care issues and encourages patients to be involved in their healthcare, share skills and experience, and attend meetings. Call toll free 1-888-877-8400 and join the PAC!

How to Contact QIRN3

Cranbury Gates Office Park
109 South Main Street, Suite 21
Cranbury, NJ 08512
Phone: 888-877-8400 (toll-free)
Fax: 609-490-0835
Email: qirn3@nw3.esrd.net

We're on the
Web!
www.qirn3.org

*Coming in our Spring 2010 Newsletter –
My Transplant Experience, by Swami Swaminathan*