

December 2013



Quality Insights Renal Network 3

Serving New Jersey, Puerto Rico, and the US Virgin Islands



Kidneys R Us

FROM THE
QIRN3 PATIENT ADVISORY
COMMITTEE

Ten Tips for Bringing Holiday Cheer to the Table

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The holiday season, a time for gift giving, family reunions, and enjoying favorite foods, is here. For people on dialysis, planning or selecting foods from a holiday menu can be challenging. The following tips and food suggestions can make meals during this special time hassle-free and enjoyable.

1. Limit salty foods, which can increase thirst and make you drink more, resulting in higher fluid gains.
2. Leach potatoes, sweet potatoes, and yams to lower potassium content.
 - a. Peel potatoes and cut into small pieces.
 - b. Soak in large amount of water (5 cups of water for 1 cup of potatoes) for at least 5 hours, preferably overnight.
 - c. Drain the water and rinse.
 - d. Cook in a large pot of water until tender.
 - e. Drain potatoes and prepare as desired.
3. Substitute rice or stuffing for extra helpings of potatoes to reduce the potassium in your meal.
4. Remember that Jello and gravy count as fluid.
5. Take phosphorus binders with all meals and high phosphorus snacks. Always keep binders with you and take them as close to your meal as possible.
6. Make your own gravy and dressing, as canned or packaged versions of these foods can be high in sodium.
7. For the main course, choose fresh, unprocessed meats, such as turkey, roast pork, roast beef, or fish instead of ham or self-basting turkeys.
8. At cocktail parties, nibble on lower salt foods such as crackers, pretzels, raw vegetables, or fruit.
9. If you are not sure whether a food is appropriate to eat, keep the serving size to ½ cup.
10. Remember to ask your dietitian for suggestions for foods to eat during the holiday season. He or she is there to help you!

Good Food Choices

Appetizers and Snacks

- Unsalted crackers
- Unsalted pretzels
- Celery or carrot sticks with cream cheese or salad dressing
- Deviled eggs
- Popcorn

Main Courses

- Turkey
- Beef or Pork
- Chicken
- Fish
- Lamb
- Veal
- Calamari
- Capons
- Clams

Side Dishes

- Applesauce
- Cranberry sauce
- Leached white or sweet potatoes or yams
- Rice
- Pasta
- Cole slaw
- Stuffing

Breads

- Corn bread
- Rye bread
- Dinner rolls
- Wheat bread
- White bread

Vegetable and Fruits

- Pineapple
- Carrots
- Apples
- Cauliflower
- Zucchini
- Cranberries
- Peaches
- Broccoli
- Corn
- String beans
- Mixed vegetables

Desserts

- Apple pie
- Sherbet
- Pound cake
- Peach pie
- Cherry pie

Beverages

- Fruit punch
- Irish coffee*
- Beer/light beer*
- Sparkling grape juice
- Apple cider

**Alcoholic beverages are not always appropriate for people on dialysis. Check with your doctor before consuming them.*

Foods to Limit

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|--|--|---|--|
| <ul style="list-style-type: none"> ▪ Avocado ▪ Beet greens ▪ Pumpkin pie ▪ Sweet potatoes or yams that are not leached | <ul style="list-style-type: none"> ▪ Gingerbread ▪ Pecan pie ▪ Dried fruit ▪ Smoked or cured ham, sausage, or fish | <ul style="list-style-type: none"> ▪ Baked beans ▪ Chocolate ▪ Fruitcake | <ul style="list-style-type: none"> ▪ Nuts ▪ Eggnog |
|--|--|---|--|

Holiday eating should be fun for everyone. With the proper planning and knowledge, people on dialysis can relax and enjoy the holidays while following the renal diet. Have a happy and healthy holiday season!

Holiday Greetings

SPECIAL HOLIDAYS

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!

**The Staff at
QIRN3
Wishes You
a
Happy
Holiday
Season!**

HAPPY NEW YEAR WISH

My Happy New Year wish for you
Is for your best year yet,
A year where life is peaceful,
And what you want, you get.

A year in which you cherish
The past year's memories,
And live your life each new day,
Full of bright expectancies.

I wish for you a holiday
With happiness galore;
And when it's done, I wish you
Happy New Year, and many more.

Patient Learning and Action Network

We invite you to join our patient committee, and share your very unique ideas and experiences. Overseen by Quality Insights Renal Network 3, the Patient and Family Focused Learning and Action Network (LAN) has been designed to provide patients, and their family members, with an opportunity to influence the future of the End Stage Renal Disease (ESRD) community. The LAN members, also known as Subject Matter Experts (SME), will share a voice beyond that of their own, as they will be leaders within the renal community. Everyone has unique ideas, even though we sometimes do not think so. I invite you to join our LAN and share those ideas with us. You'll see how you too can make a difference. Come and be a part of the action! Meetings are held as toll-free conference calls. Please call 1-888-877-8400 to join the LAN.

**To file a Grievance
please 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

JOIN THE PAC TODAY!

The Patient Advisory Committee (PAC) for QIRN3 consists of dialysis patients and those who have received transplants. The committee meets quarterly 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.



The analyses upon which this publication is based were performed under Contract Number HHSM-500-2013-NW003C, entitled "End Stage Renal Disease Network Organization Number 3", sponsored by the Centers for Medicare & Medicaid Services, Department of Health and Human Services. The conclusions and opinions expressed, and methods used herein are those of the author. They do not necessarily reflect CMS policy. The author assumes full responsibility for the accuracy and completeness of the ideas presented. This article is a direct result of the Health Care Quality Improvement Program initiated by CMS, which has encouraged identification of quality improvement projects derived from analysis of patterns of care, and therefore required no special funding on the part of this contractor. Ideas and contributions to the author concerning experience in engaging with issues presented are welcomed.