



KIDNEYS R US

NEWSLETTER

Summer Eating Tips

By Tracey L. Marotto, R.D.

School's out for summer! Summer is here and it is time for family events and outdoor activities such as picnics. If you are on dialysis it is not time to forget your diet. For people on dialysis the selection of food may seem limited but there are delicious options that are available. This article will explore ideas that follow a controlled potassium, sodium and phosphorus restriction and are high in protein for summer events. The following suggestions will explore food options and tips to make those summer events enjoyable, laid back and easier to manage.

- Limit salty foods as they will increase thirst and make you want to drink more, resulting in fluid gains or edema.
- Use low-salt rubs, herbs/spices or Mrs. Dash® when grilling your meat, fish, poultry or vegetables.

Herb or Spice	Description	Fish	Meat	Poultry	Vegetables
Basil	An herb with a sweet, clover-like taste	x		x	
Chervil	An herb in the parsley family with a subtle flavor of licorice and lemon	x		x	
Chili powder-some have salt in them	A commercial mix of chili peppers, cumin, oregano, and other herbs and spices		x		
Chives	Member of the onion family, mild onion flavor	x	x		
Cilantro	An herb with a citrusy, evergreen-like flavor	x		x	x
Cumin	A spice with an earthy, nutty flavor and smell	x		x	x
Dill (fresh)	An herb with a mild sweet but tangy flavor	x		x	
Marjoram	An herb similar to oregano but with a minty, basil flavor	x	x	x	x
Oregano	An herb with a sweet and peppery flavor		x	x	
Rosemary	An herb with a piney flavor		x	x	
Sage	An herb with a rich and musty flavor			x	
Tarragon	An herb with a mild licorice flavor	x		x	
Thyme	An herb with strong minty and mild bitter flavor	x		x	

Adapted from Herbs and Spices (Mayo Clinic)

- Use lemon- based soda, seltzer/club, root beer to substitute for cola, pepper-based cola
- Remember that ice cream, popsicles, Italian ice, Jell-O ©/gelatin and watermelon count as fluid.





- Leech potatoes, sweet potatoes, yams, beets and rutabagas
 - * Peel and slice vegetables into small pieces.
 - * Soak for a minimum of 4 hours. Use 10 times the amount of water to the amount of vegetables. If able to soak longer, change the water every four hours.
 - * Drain water and rinse the vegetable.
 - * Cook the vegetable in a large amount of water until tender.
 - * Drain the vegetable and prepare as desired.
- Substitute pasta salad for the unleached potato salad.
- Substitute unsalted pretzels, raw vegetables for potato chips.
- If you are unsure whether a food is alright to eat, keep the serving size to 1/2 cup which is the size of a closed women's fist or a tennis ball.
- Take phosphorus binders as prescribed by the MD as close to the meal as possible. Always keep your binders with you in a pill box, key chain pill box or in a purse.
- Use homemade hamburgers, lamb, beef, chicken, turkey instead of hot dogs or sausages.

Remember to ask the dietitian for suggestions/serving sizes/menu ideas for foods to enjoy during the summer season. They want to empower you and help you enjoy events with family and friends.

Good Food Choices

Appetizers and Snacks

- Celery and carrot sticks, sliced cucumbers with cream cheese or salad dressing
- Deviled eggs
- Unsalted popcorn, pretzels

Main Courses

- Eggs (phosphorous and fat/cholesterol are found only in the yolks)
- Beef or Pork, Chicken, Lamb, Fish
- Lunch meats that are store baked only

Side Dish

- Coleslaw, couscous salad, cucumber salad, macaroni salad, tuna and noodle salad

Fruits and Vegetables

- Apples, bell peppers, corn, eggplant, grapes, summer squash, zucchini

Desserts

- Apple/Blueberry/Cherry/Peach pie
- Italian ice, sherbet, sorbet
- Low-potassium fruit salad/kebobs

Beverages

- Apple juice, fruit punch, lemonade

Foods to Minimize

- Angel food cake
- Avocado/ guacamole
- Baked beans
- Bananas
- Beet/collard/dandelion/mustard greens
- Cantaloupe & honeydew
- Chocolate
- Coconut
- Dark sodas-cola, pepper sodas
- Hot dogs
- Mango
- Papaya
- Potatoes, yams or sweet potatoes that are not leached
- Salt substitutes
- Sausage
- S'mores
- Spinach
- Tomatoes/salsa



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.

To File a Grievance Regarding your Dialysis Care please contact:

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The analyses upon which this publication is based were performed under Contract Number HHSM-500-2016NW00003C, 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.

Have a safe, enjoyable and tasty summer with your family and friends!