

HOLIDAY FOOD CHOICES FOR THE DIALYSIS PATIENT

Thanksgiving is a time for family and friends to gather and enjoy a delicious meal together. It is a time to appreciate and give thanks for the many things we enjoy in our lives. As a dialysis patient, there are always concerns about what is best to eat and what is best to avoid. Below is a guide to help you manage your Thanksgiving meal and enjoy it as much as anyone else!



Thanksgiving Recipe Modifications:

For a dialysis diet, the main concerns are high sodium, potassium, and phosphorus ingredients. Many traditional recipes can be made acceptable by adjusting a few ingredients as suggested below:

If your recipe calls for:	Make this change:
Salted broth	Use unsalted canned broth or unsalted homemade stock. Check the <u>ingredient label</u> and NOT USE any product that contains <u>potassium chloride</u> .
Margarine or butter	Use an unsalted brand of margarine or butter.
Nuts or seeds	Reduce portion to ¼ cup unsalted, chopped nuts or seeds.
Dried high potassium fruit such as apricots, figs, prunes	Reduce portion to ¼ cup or Substitute dried cranberries or apples.
Salt	Omit or reduce by 50-75%. You can also try adding or increase poultry seasoning or other herbs instead of salt.

Portion control is the key to keeping your potassium, sodium and phosphorus intake within an acceptable kidney diet limit. Every bite counts! Remember to double boil pumpkin, sweet potatoes and white potatoes to reduce potassium. Don't forget to take your binders! Phosphate binders aren't just for your meals but also should be taken when you eat phosphorus-containing snacks.

Cranberry Cashew Turkey Stuffing

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Helpful Hints for the Week of November 11th, 2013

Servings: 6
Serving Size ½ Cup

Ingredients:

- 3-3/4 cups seasoned dressing or stuffing mix
- 2 tablespoons unsalted margarine
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1 teaspoon poultry seasoning
- 1/2 cup chopped Craisins® (dried sweetened cranberries)
- 2 tablespoons dry roasted cashews, chopped
- 3/4 cup salt-free chicken broth

Preparations:

- 1. Melt margarine in medium sized saucepan. Add celery and onions and sauté.
- 2. Stir dried cranberries and cashews into mixture.
- 3. Add dressing bread cubes and poultry seasoning. Toss to mix.
- 4. Add broth to dressing mixture and mix.
- 5. If used as stuffing, stuff turkey or chicken cavity loosely immediately prior to cooking.
- 6. If prepared without poultry, or for left over stuffing mixture, place in a greased baking pan. Cover and bake 30 minutes at 350F. Remove cover to brown for 5 to 10 minutes if desired.

Nutrients per serving:

- Calories 194
- Protein 5g
- Carbohydrate 29g
- Fat 6 g
- Cholesterol 0 mg
- Sodium 311 mg
- Potassium 129 mg
- Phosphorus 61 mg

Renal & Renal Diabetic Food Choices:

- 2 Starch
- 1/2 Vegetable medium potassium
- 1 Fat

About This Week's Recipe:

- For this week's stuffing recipe Cranberry Cashew Turkey Stuffing, we used Mrs.Cubbison's® Seasoned Dressing Mix. 3-3/4 cup, which equaled one 6 ounce bag or 1/2 of the box as purchased.
- Cranberries add a hint of tartness and the chopped cashews add crunch. This small amount of nuts provides only 1 teaspoon per ½ cup portion of stuffing. Use this same recipe for chicken, pork or fish for an interesting change from pasta or rice. It is a welcome holiday feast addition!
- As a rule of thumb, prepare 1/2 cup cooked stuffing for each pound of poultry.

The staff at Quality Insights Renal Network 3 wishes you a Happy Holiday Season!

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