Kidney-Friendly Holidays

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Satellite Healthcare
Thanks to our speaker!

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- Director of Nutrition Services at Satellite Healthcare
- Published and presented on numerous nephrology nutrition topics
- Active volunteer and leader in organizations dedicated to both kidney disease and nutrition
Objectives

At the end of the talk, participants will be able to:

1. Name healthy holiday foods for people with kidney disease
2. Name ways to modify holiday menus to be kidney-friendly
3. Discuss ways that family and friends can help people with kidney disease eat well during the holidays
Food is a Celebration

• Food represents culture, tradition, and celebration
• Symbolizes community and family
• Food remains an important part of life for people with kidney disease
• It may be harder to meet nutritional needs during the holidays
• Patients, families, and caregivers can enjoy favorite holiday foods in kidney-friendly ways
What are the Challenges?

• Sodium
• Potassium
• Phosphorus
• Fluid
• Protein
• Carbohydrates
• Staying in balance
Sodium

- Sodium is found in salt
- Eating too much sodium makes you thirsty
- Sodium can raise blood pressure
- Many foods are high in sodium
- Sodium is in snacks, processed foods, sauces, and condiments
Sodium in Holiday Foods

- **Snacks:**
  - Chips, crackers, and dips
  - Salami and cheeses
  - Olives and pickles

- **Meats:**
  - Ham, sausage, and bacon
  - Brined turkey

- **Stuffing and casseroles**
- **Biscuits, rolls, and cornbread**
- **Gravy, sauces, and condiments**
- **Soups**
- **Baked goods**
Potassium

- Potassium is a mineral that helps muscles and nerves work
- Potassium is in fresh fruits and vegetables, dairy products, nuts, and beans
- Too much potassium is dangerous for people with kidney disease
Potassium in Holiday Foods

- Potatoes, sweet potatoes, yams, and winter squashes
- Pies: pumpkin, pecan, cream, mincemeat
- Vegetables: Spinach and other greens, Brussels sprouts, tomato sauce, artichokes, beets, okra
- Fruits and juices: orange, melon, pomegranate, persimmon, banana, raisins, acai, coconut, avocado
- Fruitcake
Phosphorus

- Phosphorus helps keep bones and teeth strong
- Too much phosphorus in the body causes problems with the bones, heart, and veins
- Phosphorus is found in dairy products, nuts, beans, and grains
- Processed foods and drinks can also be high in phosphorus
- Most dialysis patients take medicine with their food that helps to control blood phosphorus levels
Phosphorus in Holiday Foods

- Dishes containing nuts, including stuffing, salads, pies, and cookies
- Beans
- Breads or stuffing made from packaged mix
- Cheeses
- Sauces made with milk or cheese
- Pudding or cream pie
- Chocolate and chocolate desserts
- Packaged or processed foods
Healthy kidneys balance sodium and fluid in the body.

When kidneys can’t get rid of fluid, it builds up in the body.

Too much fluid causes swelling, high blood pressure, shortness of breath, and heart damage.
Fluids in Holiday Menus

- All foods that turn to liquid at room temperature count as fluid
- Eggnog, cocktails, beer, wine
- Juice, tea, and coffee
- Soups
- Gelatin dishes, ice cream, pudding, yogurt

Too much of any beverage can put people with kidney disease at risk
Protein

• Protein helps the body heal and build new tissues
• Healthy kidneys process protein
• Eating less protein in mild kidney disease helps kidneys work less hard
• People on dialysis need more protein
• Protein is found in meats, poultry, seafood, eggs, and dairy products
• Tofu, soy products, beans, and nuts are also sources of protein
Protein in Holiday Menus

- Turkey, chicken, and duck
- Ham, roast beef, and pork
- Fish and shellfish
- Bean dishes
- Nuts, eggs, and cheese
Carbohydrates

- Carbohydrates are food energy
- Carbs are starches, sugars, and fiber
- Carbs raise blood sugar for people with diabetes
- Eating too many carbs can cause an unbalanced diet or lead to weight gain
- Common carbs are rice, bread, noodles, fruits, and juices, and desserts
- Starchy vegetables like potatoes, corn, and peas count as carbs
Carbohydrates in Holiday Menus

- Stuffing, bread, rolls
- Rice, pilaf, noodles
- Potatoes
- Fruits and juices
- Desserts!
Tips for Holiday Eating Success
For People With Kidney Disease

• What foods are usually on your holiday table?
  – What are your favorites?
  – Which aren’t that important to you?
  – What dishes are hard to resist eating a lot of?

• Make a plan to focus on your favorite foods
  – Limit yourself to one small serving of a high potassium food
  – Limit foods high in phosphorus to small servings
  – Think about avoiding the foods that are hard to resist
For People With Kidney Disease

• Bring a kidney-friendly dish to share
• Consider bringing food with you if you are not sure about the menu
• Remember phosphorus binders
For the Cook

- Cook foods from scratch to control how much salt and phosphorus is in them
- Use fresh or frozen ingredients instead of packaged or canned
- Use herbs and spices in cooking instead of salt
- Serve sauces on the side
- A kidney-friendly holiday meal can be enjoyed by all guests
For Families and Hosts

- Communication improves success
  - Guests with CKD can share their nutrition needs with their hosts
  - Hosts can share the menu with their guests ahead of time
- Understand that your guest with CKD may not eat everything you serve
- Ask your guest with CKD how you can support them in meeting their goals
“Everything in moderation, including moderation.”

-Oscar Wilde
Serving Sizes Matter

- Turkey, beef, pork or fish = a piece the size of the palm of your hand or deck of cards
  - Remember, people need different amounts of protein depending on the stage of kidney disease
- Rice, stuffing, or vegetables = a scoop the size of a computer mouse
- Drinks = small juice glass
- Most people on dialysis should limit intake of fluids to 2 tall glasses a day (32 ounces or 1 liter)
Appealing Appetizers

• Raw veggies: peppers, cucumbers, radishes
  – A few carrots or celery sticks are ok
  – Cream cheese or low-sodium cottage cheese makes a good spread
• Low potassium fruits: grapes, apples, berries
• Unsalted popcorn or pretzels
• Deviled eggs
• Avoid filling up on snacks
• Enjoy conversation!
The Main Course

- Focus on favorite foods in reasonable portions
- “Dialyze” potatoes to reduce potassium
  - Peel and cut in small cubes
  - Boil and rinse
  - Boil again
  - Reduces potassium by 50%-66%
The Main Course

• Meats:
  – Choose turkey, pork, beef, or other poultry instead of ham
  – Choose turkey that is not brined or “self-basting”

• Vegetables:
  – Green salad
  – Green peas, green beans, corn, zucchini, cauliflower
  – Steamed, grilled, or sautéed vegetables
The Main Course

• Starches:
  – Stuffing without nuts or dried fruits
  – Rice, rice salad, or noodles
  – Bread or rolls made from scratch
  – Small serving of “dialyzed” mashed potatoes
  – Limit portions to keep blood sugar in balance

• Sides:
  – Cranberry sauce and applesauce

• Limit or avoid gravy and sauces

• Skip the salt shaker!
Dessert Time!

- Fruit pies like apple, cherry, or berry
- Cookies or cakes without chocolate, dried fruit, or nuts:
  - Sugar cookies, shortbread, snickerdoodles
  - Pound cake, spice cake, angel food cake
- Peppermints or hard candies
- Jelly beans or gumdrops
Managing Fluid

• Drink from a small glass
• Sip and savor your beverage
• Choose fruit-infused water, iced tea, or sparkling water with a twist
• Choose low potassium juices like apple or cranberry, or sparkling or hot cider
• A cup of hot tea or coffee is a nice end to a meal
• Talk to your doctor before including drinks with alcohol
Balanced Eating During Holidays

- Plan ahead
- Eat breakfast
- Don’t go to parties or meals hungry
- Stay active
- Limit snacks
- Focus on your favorite foods
- Make a balanced plate
- Wait before taking seconds
Recipe Resources

- kidneysdothat.satellitehealth.com/blog/categories/recipes/
- www.nwkidney.org/living-with-kidney-disease/recipes/
- www.davita.com/recipes/
- www.kidneygrub.com/category/kidney-friendly-food/holidays/
Healthy and Happy Holiday Tips

- Keep food choices in balance
- Portions matter
- Know yourself
- Talk about how you can be of support
- Plan ahead
- Enjoy!
Questions?

THANK YOU

VERY MUCH
References

Next Month’s Webinar

Adjusting to life after kidney transplant

Wednesday, November 15, 2-3 p.m. (ET)

- Physical, emotional, and lifestyle changes that can come with kidney transplant
- Provide tips on ways that transplant patients can live their fullest, healthiest lives

Dr. Rupi Sodhi
Transplant nephrologist
St. Louis University Hospital

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