



# Kidney-Friendly Holidays

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Satellite Healthcare

 **SATELLITE  
HEALTHCARE**  
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# Thanks to our speaker!

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## Rory C. Pace MPH, RD, CSR, FAND

- 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

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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

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- 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?

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

# Sodium

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- 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

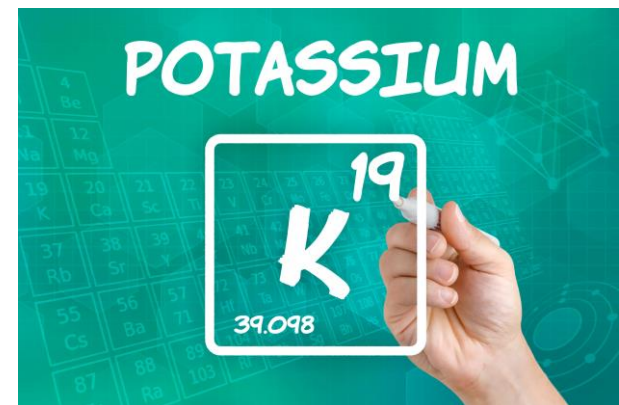
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- Snacks:
  - Chips, crackers, and dips
  - Salami and cheeses
  - Olives and pickles
- Meats:
  - Ham, sausage, and bacon
  - Brined turkey
- Stuffing and casseroles
- Biscuits, rolls, and cornbread
- Gravy, sauces, and condiments
- Soups
- Baked goods

# Potassium

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- 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

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- 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

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- 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

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- 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



# Fluid

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- 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

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- 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

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- 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

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

# Carbohydrates

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- 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

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- Stuffing, bread, rolls
- Rice, pilaf, noodles
- Potatoes
- Fruits and juices
- Desserts!

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# Tips for Holiday Eating Success

# For People With Kidney Disease

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- 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

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- 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

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- 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

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- 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



# Kidney-Friendly Holiday Table



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“Everything in moderation,  
including moderation.”

-Oscar Wilde



# Serving Sizes Matter

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- 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

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- 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

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- 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

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- 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

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- 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!

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- 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

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- 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

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- 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

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- [kidneysdothat.satellitehealth.com/blog/categories/recipes/](https://kidneysdothat.satellitehealth.com/blog/categories/recipes/)
- [www.nwkidney.org/living-with-kidney-disease/recipes/](https://www.nwkidney.org/living-with-kidney-disease/recipes/)
- [www.davita.com/recipes/](https://www.davita.com/recipes/)
- [www.kidneygrub.com/category/kidney-friendly-food/holidays/](https://www.kidneygrub.com/category/kidney-friendly-food/holidays/)

# Healthy and Happy Holiday Tips

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

# Questions?

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# References

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# Next Month's Webinar

## Adjusting to life after kidney transplant

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



**Dr. Rupri Sodhi**

Transplant nephrologist

St. Louis University Hospital

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

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