CAROLINA NEPHROLOGY, PA
Excellence in Kidney Care

2019 Special Holiday Edition | Issue 27

IN THIS ISSUE

I. Tips for Healthy Holiday Celebrations

II. Apple-Cranberry Crumble

III. Staff Spotlight

Tips for Healthy Holiday Celebrations

The holiday season is upon us, bringing frequent celebrations and an overwhelming amount of delicious foods and festive drinks. With conditions such as kidney disease and diabetes, it is very difficult to attend these events without knowing what is going to be served. Though this time of the year can seem stressful to those with kidney disease, below are some pointers that will allow you to put your worries to rest and enjoy this time of year with ease!

Have a Plan and Pay Attention

When temptation surrounds you, it can be easy to put your dietitian's advice on the back burner. To protect yourself in these situations, you must have a plan in place. Thinking of which foods you will eat and which ones you will skip before events, and holding yourself accountable, will allow you to enjoy the social aspects of the party, like visiting with family and friends. **Pro-tip** – try eating a healthy snack before your event to prevent overeating.

Watch Your Salt and Fluid Intake

For people on a dialysis diet, it is vital to maintain the correct balance of sodium and water in your body. Limiting your sodium will help control thirst and make it easier to manage fluid intake. It is also crit-

ical to monitor your alcohol consumption. Alcohol not only creates excess fluids in the body, but it also can cause you to lose control of what you are supposed to be eating.

Make Food from Scratch

Making your own food allows you to know exactly what you are putting in your body. Maintaining this control can often relieve some of the holiday party stress. Try cooking with fresh ingredients and ask hosts to leave the sauce or dressing on the side. The sauces are often the saltiest and most unhealthy parts of a holiday meal. In the worst-case scenario, you can always make your own meal and bring it to an event. Whatever you prepare will be safe for you and, if you make it right, may be the best dish at the party.

Discuss Your Restrictions

This step is crucial to ensuring you enjoy your holiday season. Discussing your meal restrictions with your host ahead of any gathering will allow you to share some of the responsibility of creating food that everyone can enjoy. It allows the host to actively choose to include your needs into their planning. This is often satisfying for everyone that is involved. Do not be afraid to make requests that will make your time with guests more enjoyable!

Stay Away from Snack Trays

Snack trays and charcuterie boards are danger zones. They often include high sodium, potassium, and phosphorus foods (such as processed meats, crackers, and cheese), making them extremely harmful to those on a dialysis diet. If you are in snacking mood, choose fresh, lower potassium fruits and vegetables instead. Be sure to only use small amounts of dips and sauces.

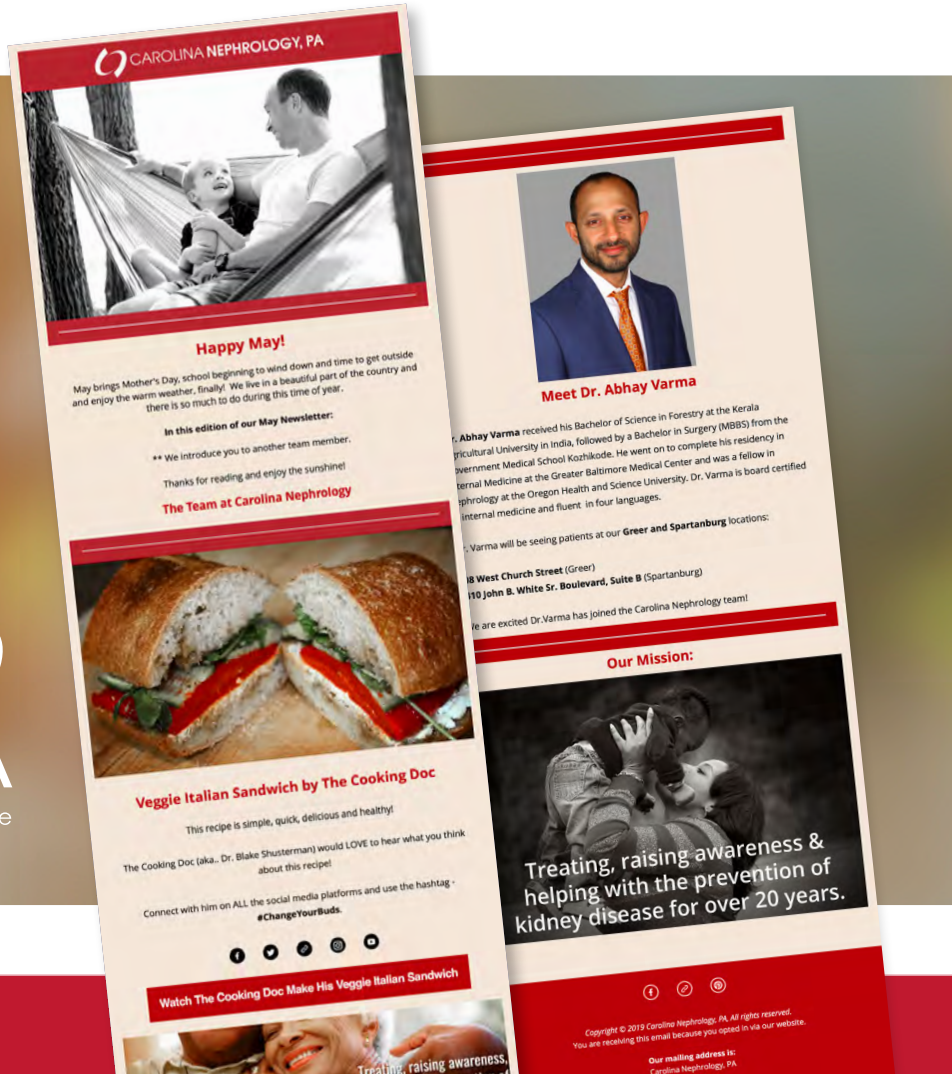
Bring Your Binders

To keep the amount of phosphorus in your blood under control, be sure to bring your prescribed binders to any holiday event. Phosphate binders prevent phosphorus from being absorbed in your GI tract. This way, if you slip up and eat a high phosphorus food at a party, you can help your body stay safe and absorb less of it as it passes through your GI tract.

Have you subscribed to our eMail list yet? Get important news, inclement weather updates, recipes and videos sent directly to your inbox.

Visit CarolinaNephrology.com to sign up today!

CAROLINA NEPHROLOGY, PA
Excellence in Kidney Care



APPLE CRANBERRY CRUMBLE HOLIDAY DESSERT

Recipe Adapted from Satellite Healthcare

Ingredients:

- 6 medium apples, cored, peeled and sliced
- 2 cups fresh or frozen cranberries
- ¾ cup sugar
- ½ teaspoon cinnamon

Topping:

- ¼ cup flour
- ¼ teaspoon nutmeg
- ¼ cup dry oatmeal
- 3 tablespoons vegetable oil
- ¼ cup packed brown sugar
- 1 tablespoon honey
- ¼ teaspoon ginger

CONNECT WITH THE COOKING DOC:

@thecookingDoc
thecookingDoc
CarolinaNephrologyTV
@thecookingdoc
www.TheCookingDoc.co

Directions:

1. Preheat oven to 375°F.
2. To prepare topping, mix together flour, oats, brown sugar, ginger and nutmeg. Add oil and honey, then mix well to make coarse crumbs.
3. In a large bowl, combine apples, cranberries, sugar and cinnamon. Put apple-cranberry mixture into 13 x 9-inch baking dish. Sprinkle topping evenly over filling.
4. Bake for about 45 mins - 1 hour. Cut into 12 even slices. Serve warm.

Nutrition Profile:

Recipe Yields 12 Servings

Serving Size: One Slice

Calories (kcal)	169
Protein (g)	1
Carbohydrates (g)	34
Fat (g)	4
Cholesterol (mg)	0
Calcium (mg)	11
Phosphorus (mg)	27
Potassium (mg)	120
Sodium (mg)	2

STAFF SPOTLIGHT

Celebrating Dr. Frederick Rogoff's Career!

Dr. Rogoff has been practicing Nephrology for over 40 years, making him one of the first partners of Carolina Nephrology. Prior to his career, Rogoff completed his residency at the University of Cincinnati Medical Center from 1975-1977. In his free time, Dr. Rogoff enjoys collecting antique grandfather clocks. With his retirement approaching at the end of this year, we could not be more thankful to have had Dr. Rogoff on our team for this many years.

Thank you for all you have done, Dr. Rogoff!

2020 Calendars Available in December!

Like Carolina Nephrology on Facebook!

CAROLINA NEPHROLOGY, PA
Excellence in Kidney Care

Main Office
203 Mills Avenue
Greenville, SC 29605
Phone: (864) 271.1844
Toll Free: (877) 283.7821
Fax: (864) 271.2147

Let's Connect!
CarolinaNephrology
TheCookingDoc
TheCookingDoc
Cneph