CAROLINA NEPHROLOGY, PA
Excellence in Kidney Care

2020 Holiday Newsletter | Issue 31

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Key Tips To Having A Kidney-Friendly Holiday Season

For Chronic Kidney Disease (CKD) patients, it may seem tricky to ensure your diet and routines are kidney-friendly, especially during holiday dinners and gatherings. You may feel as if everything on the table is bad for you, or that there is nothing you can eat while also keeping your kidneys at ease. Do not fret! Knowing what to watch or avoid instantly makes having kidney-friendly holidays much easier. Once you know what to look out for and how to manage your intake, you can stop the stress and truly enjoy your holiday celebrations. Everybody's CKD is different, so it is always a good idea to consult your doctor about what you should specifically keep watch of, but here are some general tips to keep in mind:

Limit Your Intake

People with kidney disease have quite a few things to keep close watch of:

- **Sodium**
- **Potassium**
- **Phosphorus**
- **Protein**
- **Carbohydrates**
- **Fluid intake**

When you read that list, you might think "Well that means that I cannot eat anything at dinner," but that is not true. The biggest key to living with kidney dis-

ease and still eating what you enjoy, is to consume everything in moderation. This does not mean that you cannot partake in traditional holiday meals with friends and family, but it must be a moderate, healthy amount.

Here are some holiday staples that you may need to be cautious of your intake, along with specific elements that they are high in:

- **Ham, Bacon, Sausage, Turkey, Chicken, Roast Beef** – Sodium, Protein
- **Stuffing** – Phosphorus, Carbohydrates
- **Beans** – Phosphorus, Protein
- **Potatoes, Sweet Potatoes, Yams** – Carbohydrates, Potassium
- **Bread, Rolls, Rice** – Carbohydrates
- **Cheeses** – Protein, Phosphorus
- **Fruitcake, Pies** – Potassium, Phosphorus

Along with cutting down on the listed foods above, it is also important to avoid canned or jarred foods like olives and pickles, which you might find on a snack plate or charcueterie board. Lastly, do not consume high amounts of fluids in the form of soups or beverages as this can cause potential high blood pressure, swelling, and heart damage.

Modify Your Holiday Recipes

Though in most cases, eating all foods in moderation is key, it can also be helpful to make substitutions or modifications to recipes to make them a bit more CKD-friendly. One of the healthiest substitutes that you can implement in your holiday cooking is using fresh or frozen vegetables over canned ones. This substantially decreases the amount of sodium that is already found in canned vegetables, while also allowing you to reap the benefits of non-processed vegetables. Another sodium-cutting modification is the reliance on herbs and spices as a substitute of salt. Not only is using less salt and more natural spices better for your kidney health, but it will also give your dishes more complex flavor profiles and really "spice them up". The last small change you can make is to serve sauces on the side instead of already on or with the dish. Whether it is salad dressing or a condiment, this will give anyone with kidney disease or other health conditions, control over how much sauce their dish has, and therefore more control of their intake.

Ask for Help

There's no shame in reaching out to friends or family for their help in keeping your diet healthy. If you are not cooking the meals, it is helpful to touch base with whoever is cooking ahead of time. This gives you the opportunity to let them know in advance if you need to bring any substitutions or if there are certain foods you will have to avoid. Being open to your loved ones about your dietary restrictions will help to ease your own stress about holiday dinners.

Taking extra precautions during holiday meals may not be ideal but doing so will eliminate any unnecessary stressors associated with kidney disease. While these tips may be helpful to many CKD patients, be sure to ask your doctor about how you specifically should approach holiday gatherings based off of your specific conditions and medical history.

**Article Source – The American Kidney Fund*

STAFF SPOTLIGHT

Jaspher Waters

Our staff spotlight for this newsletter is Jaspher Waters. Jaspher graduated from Wren High School in 2013 and has been working at Carolina Nephrology for five years now. She started her time at Carolina Nephrology working in the phone room and then later moved to the front desk position. Jaspher is married to her high school sweetheart and they have a beautiful eight-month-old baby girl, Raelynn. She spends most of her free time with family, but also enjoys online shopping and going to her husband's demolition derbies. The best thing about her job is the people she works with. She absolutely loves her Carolina Nephrology work family!

Thanks for all you do, Jaspher!

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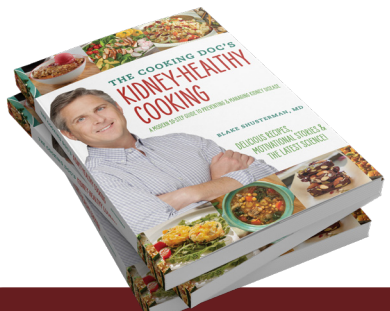
CRANBERRY, PEPITA + Broccoli Salad

Ingredients:

- 1/4 teaspoon smoked paprika
- 1/3 cup mayonnaise
- 4 teaspoons apple cider vinegar
- 2 tablespoons grated parmesan
- 1/3 cup dried cranberries
- 2 scallions, chopped
- 1 head broccoli, cut into small florets (about 4 cups)
- 1/4 cup unsalted, roasted pepitas
- Freshly ground black pepper, to taste (optional, not included in nutritional analysis)

Directions:

1. Whisk together the paprika, mayonnaise, vinegar and parmesan in a large bowl.
2. Add the cranberries, scallions and broccoli, season with pepper, if using, and toss to combine.
3. Refrigerate until ready to serve. Sprinkle with pepitas just before serving.



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Nutrition Profile:

Recipe Yields 6 Servings
Serving Size: 1/2 Cup

Calories (kcal)	147
Protein (g)	3
Carbohydrates (g)	8
Total Dietary Fiber (g)	2
Total Sugars (g)	5
Fat (g)	12
Saturated Fat (g)	2
Cholesterol (mg)	5
Calcium (mg)	26
Phosphorus (mg)	34
Potassium (mg)	202
Sodium (mg)	91