

Hello!



Welcome to the Renal Diet Headquarters Newsletter for August 2013!

This month we are exploring some options that many patients ask about – what do I do when I need to pack a lunch?

What can I eat? We all know they can eat a healthier diet if they bring their food with them to work or on trips, so this issue is dedicated to that end.

We talk about sandwiches and ways to make them ahead so you can just grab and go! And we also have a great article about eating on the go and some snack or sack lunch options for both pre-dialysis and dialysis patients.

We encourage you to share the handout with your patients and hope it helps them have an easier time living with CKD.

Let us know topics you would like to hear about by emailing us at admin@renaldiethq.com with your topic ideas. We are looking forward to helping you make your patient's lives a little easier.

Thanks, and we look forward to serving you.

Mathea Ford, RDN, LD

Eating On The Go For People With Kidney Failure

Eating On The Go for Pre-Dialysis and Dialysis Patients

Patients who are undergoing dialysis have special needs with regard to their diet. In general, their diet plan has to be high in protein and low in salt, potassium, and phosphorus. In addition, fluids have to be limited depending on how much the patient can safely drink according to the doctor. Fluids are not only limited to water, but includes coffee, tea, soup, and the like. Non-compliance with these dietary restrictions can result in several complications, such as breathing difficulties and fluid retention.

Before a patient starts dialysis, in the pre-dialysis kidney disease stage, it can be critical to lower the amount of protein in the diet so that the kidneys don't have to work as hard to remove the waste products from the blood. Sodium is limited as well, often to 1500 mg/day or less. Whether or not the patient needs to reduce their potassium and phosphorus prior to dialysis depends on their lab results.

Because of these dietary restrictions, it becomes a necessity for people on pre-dialysis and dialysis stages to prepare their own food in the form of snacks and sack lunches to keep their renal diet restrictions intact.

Aside from being able to save money, it also allows you to gain control over the foods that you eat. Instead of

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buying a high sodium meal at the cafeteria because there is no other food there, bringing a sack lunch to your workplace helps you stick to your diet plan. In addition, it helps you control your portion sizes, thus allowing you to comply with your dietary requirements and helping you prevent any adverse effects of your condition.

Therefore, planning what you eat is important if you have kidney failure and are starting to see the signs of damage to your kidneys.

Snacks and Sack Lunches for Pre-dialysis or Dialysis Patients

Pre-dialysis patients are those people who have kidney damage and it ranges from the initial stages to very limited function based on eGFR values. Even though they are not yet undergoing dialysis, it is already important for them to watch what they eat so as to cut down the workload of their kidneys and help maintain the remaining kidney function. General guidelines include reducing protein intake and controlling blood pressure to slow down kidney failure. In addition, a low sodium diet is important and managing any related conditions such as diabetes or heart disease.

Some of the snacks that you can enjoy include fresh fruits and vegetables, since they are generally low in sodium and protein. Examples of fruits and vegetables that you can eat include apples, blueberries, carrots, cherries, cranberries, grapes, strawberries, bell peppers, and lettuce. Aside from those, you can eat bread sticks, bagels, low sodium crackers, muffins, and rice cakes, provided that these foods are unsalted.

Those who are undergoing dialysis, on the other hand, should eat more high protein foods because they usually have low albumin levels. Still, the sodium intake, phosphorus, and potassium intake should be kept to a minimum. Fluid intake should likewise be limited to what your doctor prescribes.

Some great snacks for people undergoing dialysis include fresh fruits and vegetables like the ones

mentioned previously. Higher sugar foods may also be recommended in order to help in weight gain and boosting calorie intake. Such high sugar snacks include gelatin, fruit pies, shortbread and sugar cookies, vanilla wafers, sherbet, and marshmallows. High protein snacks include chicken salad, hardboiled eggs, and roast beef.

If you are going to prepare sack lunches or snacks, here are some great ideas that you may want to consider:

- ½ sandwich with 2 ounces of meat and mayonnaise – buy low sodium deli meat
- Unsalted popcorn
- ½ toasted bagel with margarine or jam
- Grape or cranberry juice
- 1 cup applesauce
- Nutri-grain ® type bar, mixed berry
- Grape, Apple, or Wild Berry Pop Tart ®
- Whole wheat tortilla roll with sliced turkey, red pepper strips, and lettuce
- Creamed tuna on English muffin
- Grilled or broiled chicken sandwich with mustard or mayonnaise, lettuce, and onion
- Whole wheat pita with mixed greens, grilled chicken, light Caesar dressing, baby carrots, and an apple
- Beef or Chicken strips with bell peppers and white rice
- 12 Vanilla Wafers
- 4 squares of Graham Crackers

For leftover foods, store them inside the freezer or refrigerator so that they can still be eaten the next day. Also, if you are transporting them with you to an appointment or work, make sure you have an ice pack to keep them cold. Make sure to reheat these leftover foods in a microwave, or if a microwave is not available, some packed leftovers can still be enjoyed cold, such as chicken, turkey, roast beef, hard boiled eggs, or coleslaw.

August is "National Sandwich Month"

Many times you are in need of quick sandwiches to bring along with you to work or for doctor's appointments. Sandwiches are versatile and convenient foods for traveling and eating on the go.

Now, making up sandwiches to freeze takes some thinking, but you are able to use many ingredients that you probably like and doing them all at once can save time. You can use leftovers to make sandwiches, and controlling the portion size is easier when you are making your own at home. Your wholesome sandwich can be added to other renal diet friendly foods and made into a great meal.

Some ingredients freeze well. Peanut and other nut butters freeze well, but jam or jelly does not because it makes the bread soggy. You might want to put the jelly between two layers of peanut butter so it doesn't turn out mushy. If you take canned tuna, chicken, salmon, turkey or chopped roast beef and mix it with some Miracle Whip (freezes better than mayonnaise), it makes a wonderfully moist sandwich. Just don't overdo the Miracle Whip. If you are able to eat cheese, the hard cheeses freeze best – like cheddar. Cheese thaws best when it's grated so it doesn't crumble when thawed.

The same basic steps may be followed for assembling most frozen sandwiches:

For sandwiches where the filling might soak into the bread, spread a thin layer of soft butter or margarine to the edges of the sides of bread that will be the "insides" of the sandwich. DO NOT use melted margarine or butter. NOTE: Bread that is at least a day-old may be slightly firmer and easier to spread.

Make your sandwiches "assembly line" fashion, completing one step for all sandwiches before moving on to the next step. Put the filling on the inside and then add the top layer of bread.

A quick way to freeze sandwiches is to:

Place them in zip-top/self-sealing type plastic sandwich bags, labeling the bag with the date and type of sandwich. Squish out as much air as possible before sealing them.

Lay them in a single layer in the freezer on a cookie sheet or other flat surface and freeze them for about an hour until they hold their shape. Then place the sandwich bags in a larger freezer-quality bag, such as a gallon freezer bag. Squish out extra air before sealing. The thin sandwich bags aren't satisfactory for maintaining food quality during longer-term freezer storage.

Reference: <http://food.unl.edu/web/fnh/freezing-sandwiches>

Frozen Beef, Chicken, or Turkey Sandwich Recipes

Diet types:

- CKD non-dialysis, Dialysis, & Diabetes

Ingredients

- 1/4 to 1/3 cup finely chopped cooked roast beef, chicken or turkey (1/4 cup—2 ounces meat)
- 2 to 3 teaspoons of a "salad dressing," such as Miracle Whip
- Soft butter or margarine (do not use melted form), about 2 teaspoons
- 2 slices bread

Preparation

- Mix beef, chicken or turkey with Miracle Whip-type salad dressing.
- Spread a thin layer of soft butter or margarine to the edges of the sides of bread that will be the "insides" of the sandwich.
- Top one of each pair of bread slices with meat mixture; spread almost to the edges.

Frozen Peanut Butter & Jelly Sandwich Recipes

Diet types:

- CKD non-dialysis, Dialysis, & Diabetes

Ingredients

- 2 teaspoons peanut butter (more if allowed)
- 1 teaspoon jelly or diet jelly
- 2 slices bread

Preparation

- Spread the inward facing side of each bread slice with the peanut butter to the edges of the bread. Use white bread if needing low phosphorus. More peanut butter may be allowed based on your dietary restrictions.
- Spread jelly on top of peanut butter on one of the bread slices. Cover with the other slice so the jelly is between the peanut butter and won't soak into the bread.
- Freeze for 1-3 months

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