



RENALDIET HEADQUARTERS PODCAST

CHRONIC KIDNEY DISEASE & DIETARY INFORMATION

RENALDIETHQ.COM

This is our weekly talk about how you can succeed with a kidney diet, brought to you by RenalDietHQ.com, a website whose mission is to be the most valued resource on kidney disease that people can use to improve their health.

Hello and welcome to the Renal Diet Headquarters podcast. This is Mathea Ford, and this week we are recording podcast number 30 and if you need more information please go to www.renaldiethq.com/030

and that is where you will find the show notes and other information about this podcast.

This week we are talking about July being fresh fruits and vegetables month and I want to talk to you about how to select items for the best taste and value. Choosing the in season items and going to farmers markets. Checking out the websites to find the fruits that are in season in your area, how to buy fresh. I also want to talk about July being National Berry Month, how to add more berries and eat more berries and also what to look for when shopping. Then talk a little more about the blog.

So this week we are talking about National Fruits and Vegetables Month and I want to talk about how eating fruits and vegetables are a great way to get more nutrition out of your calories. You get a more concentrated and healthier source of vitamins and minerals when you eat fresh fruits and vegetables. They have lots of fiber, minerals and nutrients in general.

When you look at how to choose the fresh fruit that is in season that is going to be one of the best ways to get a quality product.

Storing them properly also helps to get the right quality, flavor, color and texture.

Choosing fruits and vegetables that are in season, I will have a link on the blog at the renaldiethq.com/030 for ways to find fruits and vegetables that are in season. Some seasonal stuff in the summer is like cucumbers, corn, grapes, tomatoes, bell peppers, blueberries, cantaloupe, peaches, strawberries, watermelon and zucchini and as a kidney diet patient you can eat lots of those.

You can enjoy those day in and day out and you can find them in lots of places around you I am sure, if you just take some time and look.

In the fall, you can get more of the colder weather vegetables like broccoli, cauliflower, cranberries, pears, sweet potatoes and pumpkins *you have to kind of be careful depending on your limitations for your diet.

During the winter you can get the kiwi and Brussels sprouts, oranges *most places have oranges, apples and bananas available all the time. Kale and squash *those are some you have to be a little more careful with the vitamin K and potassium and phosphorus they contain. So just be careful.

During the spring you are going to find lots of apricots, artichokes, asparagus, mango, pineapple and snow peas. Just look in your grocery store and a lot of times you will see, like right now you can get strawberries almost anytime, you can get blueberries, or blackberries, it is a good time of the year to get those things.

Obviously the ones that are not in season are going to cost you more because they have to bring them in from other areas, or there may be times of the year when you just can't get them at all.

When you buy fresh fruits and vegetables, you only want to buy what you are going to use in the next couple of days. Don't think you can hang on to it for days at a time. You are probably going to end up going to the farmers market or the grocery store a couple times a week to get fresh fruits and vegetables. Get things that are not bruised or damaged, so you want to look them over. If you buy the pre-cut kind, choose only the ones that are refrigerated, don't pick up something that has been cut but not refrigerated.

Bag your fresh fruits and vegetables separately from your other products like your poultry and meat because you don't want the bacteria that may grow on meat and chicken to get on to your fruits and vegetables, especially since you may not be cooking your fruits and vegetables before you eat them. So be careful when you are packing up to bring them home from the grocery store.

When you store them at home, you are going to try to store them in a way that will prevent you from getting a food borne illness, obviously. Store your perishable items in the refrigerator. Those are going to be things like strawberries, lettuce, carrots and mushrooms, you can't leave those sit out on the counter. Any pre-cut or peeled produce you need to put in the refrigerator as well. Before you eat your produce, you are going to wash it with clean cool running water, you don't have to use any sort of soap or anything on them, make sure you get most of the dirt off the skin. For any produce with a thick skin, like a potato or an orange you are going to use vegetable brush if you want.

If you cut things or peel them and you don't use them right away, make sure you refrigerate them. Keep them separate from other raw foods, especially meat, again you don't want to cross contaminate. Wash your hands with hot water before preparing foods, any sorts of foods, but especially your fresh fruits and vegetables. Mainly that is because you are not going to cook them again before you eat them and you are not going to get that chance to kill that bacteria. Make sure you wash your cutting board in between uses. In most restaurants and stuff they have separate cutting boards that they use for different fruits and vegetables and meats. Most of us don't have that at home, we just have one cutting board, so make sure you are washing it in between.

Any sort of health benefits that you get from fresh fruits and vegetables are going to be better closer to the time they were picked. Try to go to a farmers market or get them fresh at a Sprouts or Whole Foods store, and if you can go in there and get them as close to fresh picked as possible. That is the best way to eat them and get the best nutritional value out of them. That is why a lot of times the frozen fruits and vegetables are good, because they are picked and then frozen right away to keep that quality and nutrients locked in. Remember I said I would put the link in the show notes about where to find what fruits and vegetables are in season.

Then I want to talk a little bit specifically about berries, like strawberries, blueberries and blackberries. July is national berry month because so many of the berries are fresh in July. Blackberries, blueberries and raspberries, those are very healthy for people with chronic kidney disease. They tend to not be as high in phosphorus and potassium. They have a lot of vitamins and mineral, in general very good to eat. They are sweet enough to not need to add sugar or anything to them. You can use them in a lot of foods. You can cook them into cobblers or whatever, and they have antioxidants which get in your body and kill the cells that go around and damage other cells, they kind of eat them up. So you want to make sure you are getting plenty healthy antioxidants.

Ways that you can include more berries in your diet, because I think it is one of the fruits you can eat a lot of, and really be healthy. You can add them to your breakfast cereal whether it is oatmeal or grits or whatever at breakfast. Add berries, it is great at sweetening your breakfast. You can put them in your yogurt as well; stir them in, obviously after they have been washed. Try to make some fruit kabobs and put some pineapple chunks, grapes and berries on them, you can eat them that way or you can try to grill them. I have grilled pineapple before. If you want to try a little bit of ice cream, you can just do a little dab of ice cream and then add lots of berries and that will make a healthier treat but you can still get that little bit of ice cream you wanted.

You can have berries that are frozen year round. A lot of people with make health shakes or smoothies, you can add them to vanilla soy milk or rice milk and some berries can be a very healthy shake to drink. You don't have to always have them fresh. Again

you can put a little bit of yogurt into that smoothie that you want to make. You can try berries dried as well. They are very good that way. Don't buy the bruised or oozing berries; I always flip over the strawberries before I buy them to make sure there is not any that are bruised or moldy. Look for firm and plum berries, nice bright colors, not dingy looking.

At home you want to put them in the refrigerator and right before you use them you are going to want to take out the amount you are going to use, wash them and then eat them right away. You can rub them with your hands to wash them, they don't need a special fruit rinse, just wash the amount you are going to use.

Find different ways that they can be in your foods. Sometimes they make a good combo with like chicken. So what you might do is take a little mango, pineapple and strawberry and chop it up together, warm it just a little, it will make a nice little sauce and add some sweetness. You can make a nice little topping. Like angel food cake, you can chop up some strawberries and blueberries, no sugar and put them with your angel food cake. You can make a cake but don't ice it and just add berries when you are ready to eat it. That will keep your sugar down but you still get the sweetness.

That is what I wanted to talk about this week, some ways to be safe but eat some healthier fresh fruits and vegetables. One of the reasons we are talking about it this month is because it makes excellent things to take on your picnic. I would love you to take these with you.

I just thought of another thing, you can make some pancakes and instead of adding some sugary syrup you can eat them with some strawberries or blueberries and don't add syrup or use a lot less and it will add the sweetness.

Berries and fresh fruits will go very well to take on a picnic, just remember to wash them, right before you use them. Sometimes you can wash them the night before and put them in the refrigerator, that way they are ready to go to work the next day or on a little trip.

Enjoy yourself when you are eating these new fruits and vegetables. Find some farmers markets that are close to you and when you are shopping remember to check each one carefully. You can ask the person working at the farmers market when they were picked, how long they have been there, usually they have farmers markets two days of the week. Remember to buy it around the time you are going to eat it, don't try to buy for the whole week, because that is just not going to happen real easily!!

I want to tell you to have a great week, don't forget to go to RenalDietHQ.com/030 to find more information and to pick up the sheet that talks about when the produce is in season. Have a great week and I hope to talk to you soon. Thank you.

You've been listening to the Renal Diet Headquarters podcast. Head on over to the website at www.RenalDietHQ.com/go/email to sign up for our email list and get exciting updates every week about what is happening. Thanks and we will talk to you again next week!!