



Hello and welcome to the renal diet headquarters podcast number 33. You can find all your links and more information about what I talked about at www.renaldietHQ.com/033.

I'm your host, Mathea Ford and this week I want to talk to you about making healthier meals at home. I've deemed this month as a month to talk about healthy meals at home and using herbs and spices in your cooking, instead of adding salt... things that would be bad for you.

This week we're going to talk about a general grocery list and how to make a casserole from the things you have in your cabinet. So the general grocery list will cover... the items that you can buy or just always have on hand. I will link to a post I did in the past about creating your own casserole recipe, in addition to talking about it. It has been very popular so I think you'll enjoy it. I found out this week that I'll be speaking at lunch at the AAKP conference and I'll be talking about dining out with dialysis, so if you can't join us there in Las Vegas at the end of September, I will be sure to bring that information to the podcast. You'll be able to hear it right here.

I will also have a dialysis cookbook ready at the first of September, so people will be able to buy that at the conference. It will also be on Amazon. And I can sign a copy for you if you're there. More information go to the show notes page again at <http://www.renaldietHQ.com/033> and there's a link to the page on the AAKP website to find out more about their meeting.

Alright next step making a grocery list of things that you can have and the things you should avoid. Well there's no one-size-fits-all solution for people, because everybody's a little different, some food should be minimized because of the amount of salt or maybe protein that they contain.

This week I want to talk about it general grocery list to make sure you have these items in your cupboards and it'll help you to make a meal at the last minute if you need to. So basic foods for your refrigerator or freezer and cupboard. Things like on your counter or in your cabinet. Fruits... you should always have some fresh fruit available. Apples, grapes, if cranberries are fresh, if you're able to eat bananas and

oranges... go ahead and have those. If you're dealing with a potassium or phosphorus restriction you can skip those.

Canned fruit, you can have some mandarin oranges those are not as high in potassium. You can have some pineapple that's canned and juice. Pineapple tidbits are a good form to have that you can use a lot. Blueberries are in season and raspberries right now and so are strawberries, but you can also keep those on hand frozen and they make great smoothies. So always have some blueberries, raspberries strawberries that are frozen. You can have some dried cranberries some dried raisins. Dried fruit that way.

Vegetables... you should always have some fresh bell peppers, carrots, cabbage, shredded. Buy your cabbage already shredded if you don't feel like cutting it. Buy a smaller package size, if you're only having a couple people. Lettuce... you want to stick to the iceberg or the lighter greens. Onions... Sweet Onions are best. You can if you're not a phosphorus or potassium restriction still eat potatoes. You should always have some potatoes available. If not... you should always have some pasta and rice and I'll talk about that a minute.

And if you're still able to eat tomatoes, you could have tomatoes like the regular tomatoes available. Canned... you should always try to find the no salt or low-salt version of light corn, peas, green beans available. You should have some tomatoes, a can of tomatoes if you're still able to eat those. If you find that your phosphorus and potassium is really out of whack or high or your doctors told you limited it, you shouldn't use those.

Frozen corn and peas... always have on hand you can have some broccoli on hand as well. Dairy products... cheese, cheddar other like mozzarella can be a good one to have on hand. But you need to pay attention to how much you eat.

Ice cream or frozen yogurt that's like a low fat or fat free. You can have the no sugar added if you're diabetic. They also make like sugar free fudge pops that you might find good to suck on.

Milk, low fat or fat free if you can have very much of that or like an almond milk no sugar added almond milk. And like a yogurt if you're able to have those the low fat or the fat-free. I like the 2% Greek yogurt but that does have almost doubled the protein of a regular yogurt, so if you're trying to limit your protein you should stick to the regular yogurt. But you can use the plain vanilla yogurt for a lot of things.

Meats, fish, dried beans, eggs and nuts category... you should have some beans canned or dried in your cabinet. You're going to make sure that you getting a low sodium version and you are going to always rinse them.

Beef ground beef in your fridge that's the 90 to 95% lean you really want to stick to that higher leaner level.

Chicken breast, like a skinless chicken breast. I personally like chicken thighs that are skinless. They have a little more flavor so if you want to keep some chicken thighs.

Large eggs... eggs can be used very versatile they can give you extra protein. You can boil them and eat them later, so you may want to keep some boiled eggs in the fridge too.

Fish you want be careful about the lead that's in fish. Like tuna and some of other varieties. But try to keep some fish or eat some fish every week. It's very healthy for you.

And nuts like almonds, walnuts you can always grab like an ounce of those, which is maybe 10 of them. Peanut butter, pork loin chops boneless. I am finding that these are so versatile because you can put a variety of sauces on them, you can cook them on the grill.

Salmon, you can have canned or frozen salmon. You can make salmon patties. You can do lots of things with a salmon. And it's very flavorful.

Tuna, canned tuna like in the water pack is a good one, low sodium variety and turkey cutlets those are delicious and I really recommend you keep some of those around.

Grains, you want to keep low... not low... not whole-grain bread around. So you're probably going to keep around some white bread, especially if you're in the later stages of kidney disease. Or in dialysis.

Cereal... A type of cereal that's appropriate for your diet. You may choose to have some whole grain cereal or you may choose to... find the kind it's not as much. You are going to use your almond milk or your regular milk on it. Crackers... look for the no salt tops. Oatmeal like old-fashioned oatmeal you can use that in lots of things when you're making the salmon patties if you're making meatloaf. And if it calls for quick oats, you can put them in a blender and just pulse a couple times it beats it up a little and you can use it.

Pasta these are the things that you can always eat, pasta and rice, and you're not going to get the brown rice, you're not going to get the whole grain pasta. You are just going to have the regular.

Oil, have some extra virgin olive oil around. You can have your mayonnaise type salad dressing. Try to make sure it's kind of lower fat. Oil for cooking like Canola oil,

corn oil and then your soft tub margarine to put on food at the table. Sometimes if you're really hungry you can add some extra fat with using margarine but you're not adding extra protein.

Seasonings you want to always have black pepper and it's going to be best if you can grind it right then into the food. Low sodium chicken broth, chili powder, cinnamon, garlic that's fresh like the kind you can buy the store that's just the liquid pack. Italian seasoning, you can put that into lots of different things. A mustard, a rosemary, a thyme, vanilla and vinegar. You want to have a couple different kinds of vinegar around. Like a cider vinegar, an apple cider vinegar and white vinegar and balsamic or rice vinegar. Start with the small amount just see which one you like most. But those are used a lot to make salad dressings. Like we talked about couple weeks ago.

And then sugar, keep your white sugar and your brown sugar around. Keep your plain white flour around.

Okay so...

You want to keep the items that I just discussed in your cabinets and you always them have available and so let's walk through the information on how to make a casserole that you would like onto the casserole.

One thing that I recommend is to use some small amount recipes and you can make this casseroles. So if you made a turkey cutlet for example, and you're supposed to eat 3 ounces of meat, and it is five or six ounce portion. Cut the turkey in half and use the other half and make yourself a little casserole.

Select... I'm going to go through some different categories and you are basically going to put these foods into greased with Pam stray two to two and a half quart casserole dish. You are going to cover it, you are going to bake it 350 for about an hour until it's hot about 165 in the center.

You are going to start with 2 cups of like an uncooked pasta, macaroni, penne, spiral or bow tie and you're to cook it. So you are going to end up with... a 2 cups portion for the final product or 4 cups of noodles that are cooked so you start with 2 and end up with 4. Protein you are going to add 2 cups of ground beef or 2 cups of chicken. Now knowing how much protein you are allowed to have you can reduce that amount and fill it in a little more with vegetables knowing how many servings are going to be in here. That way you can make it easier for yourself to not overdo it on the protein.

So you can put it in chicken, turkey, ham any kind of meat you can think of. You could put fish in there. We use to have tuna noodle casserole when I grow up. You could add cooked or canned beans. So you can put in some kidney beans or black

beans whatever kind of beans you want. But remember those add a little protein. They are also going to be nice and filling. And then add a vegetable like... A package of broccoli, a package of green beans, a package of green peas, carrots, corn or like a mixed vegetables in there. You can add some zucchini, just keep an eye on how much you are ending up with. And then add a white sauce like a mushroom or celery or cheese soup. One of the things you want to be careful of is making sure it is a low sodium cream soup. If not the recipe that I'm going to give you a link to has a way to make some chicken broth and so you would make a low sodium chicken broth and use that as your sauce.

And then to add some flavor you want to add some chopped celery, chopped onion, black olives some herbs that we talked about and a little bit of pepper. About a half a cup of each of those. And in any sort of topping once you've got it in the pan. You are going to sprinkle on some bread crumbs, you could sprinkle on a little cheese.

And then put the casserole in the oven, cook it for an hour, take it out, take the top five put it in the oven back for about 10 more minutes, so he gets brown on the top, And then you're done. So you can make your own casserole with those ingredients.

And here is the [link to my casserole blog](#).

So again I want to thank you for listening this week. I'm looking forward to meeting you soon whether it's in Vegas or somewhere else. Hopefully I'll do some online classes or something. Send me a note at podcast@renaldiethq.com. If you have questions or if there's something specific you want me to talk about on the show, I'd be glad to hear it and glad to take that towards a topic in the future. Thanks again have a great week.

You've been listening to the Renal Diet Headquarters podcast. Head on over to the website at <http://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!!