



Hello this is Mathea Ford, and I want to welcome you to the Renal Diet Headquarters podcast number 50. I'm here to talk to you again about the things that are important to people with kidney failure, you can find all my notes

and information I talk about this week at <http://www.renaldietHQ.com/050>.

I want to welcome you in again for another week of great information about eating healthy with kidney diet. And last week we talked about facts that will make you happy about eating and cooking at home. And this week I want to talk about why you should focus on improving and making healthy meals at home. So I want to talk to you about some reasons why it's important to cook and eat healthy at home.

So let's get started. First of all, it feels good, if there's one good reason to do anything, it is because it just plain makes you feels good. Eating healthier certainly can help you feel better and help heal your body and your mind as well as contribute to the treatment of many hot chronic healthcare conditions especially diabetes, heart disease and kidney disease. We all know that. So how you eat is how you fuel your body, it's like what gas you put into your car. And if you're putting bad gas into your car then you're going to get bad results. So food that is not normally just something you can pick up off the shelf or what you would consider a real food or I don't want to use the word raw, but like real food. You have to really consider how healthy that is for you, if it's been processed. Processing adds salt and other things like potassium and phosphorus that are not healthy for people with kidney disease and the more control you have over that the better.

So eating healthier will give you more energy and help take the edge off many ailments brought by renal disease, high blood pressure and blood sugar issues. When you have healthier eating, you can eat a little bit more fiber because you are eating more whole grains and vegetables. You're eating more whole fruits, you are not eating the processed higher sugar things that dissolve and are absorbed so quickly. You are able to feel fuller because you are able to eat a couple times a day. So you may normally if you were eating out you might eat once or twice a day out and then a meal at home. Whereas if you eat all three at home you can even squeeze in a snack or you can have a little bit and then eat a little bit later. It's like saving up for that big meal that you are going to eat at the end of the day if you eat out.

Number two, it can give you a big savings, so cooking at home can save you a lot of money. I know a lot of people with kidney disease are on fixed incomes but even if you're not, it is just wiser to eat at home because you are going to save some of that money that you can put towards the things that make you feel good, the things that you enjoy.

For the price for your dinner out, one dinner out you can often buy enough groceries for a few days or up to a week. Even when you're purchasing great, fresh organic produce and premium groceries like on the outside of the grocery store and not going into the aisles of the grocery store, you'll still be spending a lot less money cooking healthy meals all at home other than eating out. So if you eat... I know that people can eat at McDonalds and get a happy meal or burger, combo whatever for \$5 but you can actually buy a pretty decent meal for \$5 that you can cook at home that will give you a lot more nutrition and nourishment and make you healthier.

So think about that, think about timing when you are buying your meals and your food, so there are some things that last longer, like we buy green bananas and yellow bananas and then we eat the bananas that are yellow first and then by the time we are done eating the yellow ones the green ones are ready. But had we

bought all yellow, some of them would have spoiled. We also buy fruits, some of them are a little bit riper than others. So you can time it, if you know that food goes bad, you know your lettuce may go bad quickly then make sure your plan is to eat that lettuce earlier in your week. So you are not wasting and you'll save money that way too.

I like to spend money on healthier fruits and vegetables so things that are organic and then not necessarily spend the extra on the meat, if I can cook it in a way that is going to make it more tender, but I could avoid those pesticides with the fruits and the vegetables.

You can have more family time cooking delicious healthy meals at home can be an activity that the whole family gets involved in. There are plenty of little tasks such as chopping or stirring to be done for those who want to pitch in. Building a meal together is a great way to get everyone talking and working together as is the simple act of sitting around the table together which I talked about last time. How good it can be to just sit around and talk about how your day was, what was going on and have some of that bonding time.

So in this case another thing you can do is to pre-chop, or pre-cut things if you know if you are going to need them for later in the week. So if you know if you've got onions and you are in the middle of chopping the onions, why not just chop the whole onion and save it in a baggie in your fridge or save it in a bowl with a lid in your fridge for you to use later that week and then you don't have to get it out, chop it and it just makes your whole process a little easier. Sometimes doing that in bulk can help... especially with something an onion that will keep in your fridge for a week and be healthy.

So that's number four. Actually healthier. Even when you choose from the healthier options on any given menu, you might not be getting the healthiest meals possible when you eat out.

Restaurants tends to use a lot of extra sauces, salt and other additives even salads have a ton of extra fat and dressing that might not be as healthy as it looks on the menu. So, with the restaurant you're going have to ask for some specific modifications and hope that they do them. So you may say I want my dressing on the side or I don't want any cheese or I don't want certain vegetables and sometimes they can't do those because they get the mix in already made, but sometimes it's something that you won't know unless you're back in the kitchen cooking it yourself, whether they added the marinade or did something different. So sometimes it's actually just better and healthier to eat at home. I'm not saying you shouldn't eat out ever because last month we talked about eating out, but in this case you just need to be... I'm just highlighting why it's better to eat at home.

The more you know about your food, the better. So the more you focus on cooking healthy meals at home, the more you learn about your food, your body and how your food affects your body. So if you have diabetes or you have high blood pressure and you've been told lower your salt, lower your carbs, watch what you eat. When you actually start doing it and you get that feedback from your body, it's very helpful and it's very empowering. This knowledge can help you throughout your entire life as you tackle your chronic health conditions, the overall result is a happier healthier you living in a happier healthier longer life. You get that information and having that control, having the ability to eat, okay say you watch and you know you got to watch your potassium. But you watch it and you start doing so well but maybe every now and then you can have a banana. But if you're eating out a lot then you maybe getting potassium that you don't even know about i

t's hidden in the foods. So the other thing when you're at home, you're going to have to make a lot of things from scratch. So just try to watch not buying pre-prepared things to just cook at home, so like a hamburger helper where you would just add the meat, make sure that you're doing something where you're cooking the meat, you're cooking the noodles and you're making the sauce. So you have control over all three of those things.

I want to encourage you again to go to my blog and check out some of the recipes that I have, I just published a recipe with some chicken noodle soup and how to make a healthy soup broth. So you can check out that recipe I'll link to it in the show notes and have a good health meal.

So I want to encourage you just again to cook at home and focus on making health improvements by cooking at home and embracing that empowerment that you can get from doing that.

Thanks for listening this week, I enjoyed talking to you. I am enjoying getting to do this podcast and send me a note about the things you want to hear more about at podcast@renaldietHQ.com. If you have any questions if you have any thoughts, that's it for this week.

Next time I'm going to talk about herbs and spices and simple blends for almost any dish, so ways that you can make some herbs that that'll make them very yummy to eat and very easy to do. So I'll see you then and make sure you send me a note if you have any questions thanks.