DPC EDUCATION CENTER

Holiday Hints: The Three Biggest Kidney Disease Diet Mistakes People Make

This webinar will start shortly. The slides and the webinar recording will be available at www.dpcedcenter.org

Next webinar: January 30, 2020 at 2:00 pm Eastern

Reminders

- All phone lines are muted
- **Unmute: #6** to ask questions at the end of the presentation
- **Mute: *6** after your question
- Or, ask questions through the Chat Box
- You will receive the link to the **recording** and **slides** by email
- Please complete the feedback form at the end of the program

Today's Presenter:
Jessianna Saville, MS, RDN, CSR, LD, CLT

- Registered dietitian
- Works with people with kidney disease – dialysis and pre-dialysis
- Has a private practice teaching nutritional modification
- Blogs about livable and lovable kidney-friendly food and renal nutrition research
- Web site: Kidneyrd.com

THE kidney RD

YOUR HEALTH IS AN

INVESTMENT

NOT AN EXPENSE

Mistake #1: Not Enough Produce

...and this dish is totally potassium-free!

Value of Produce

Tasty

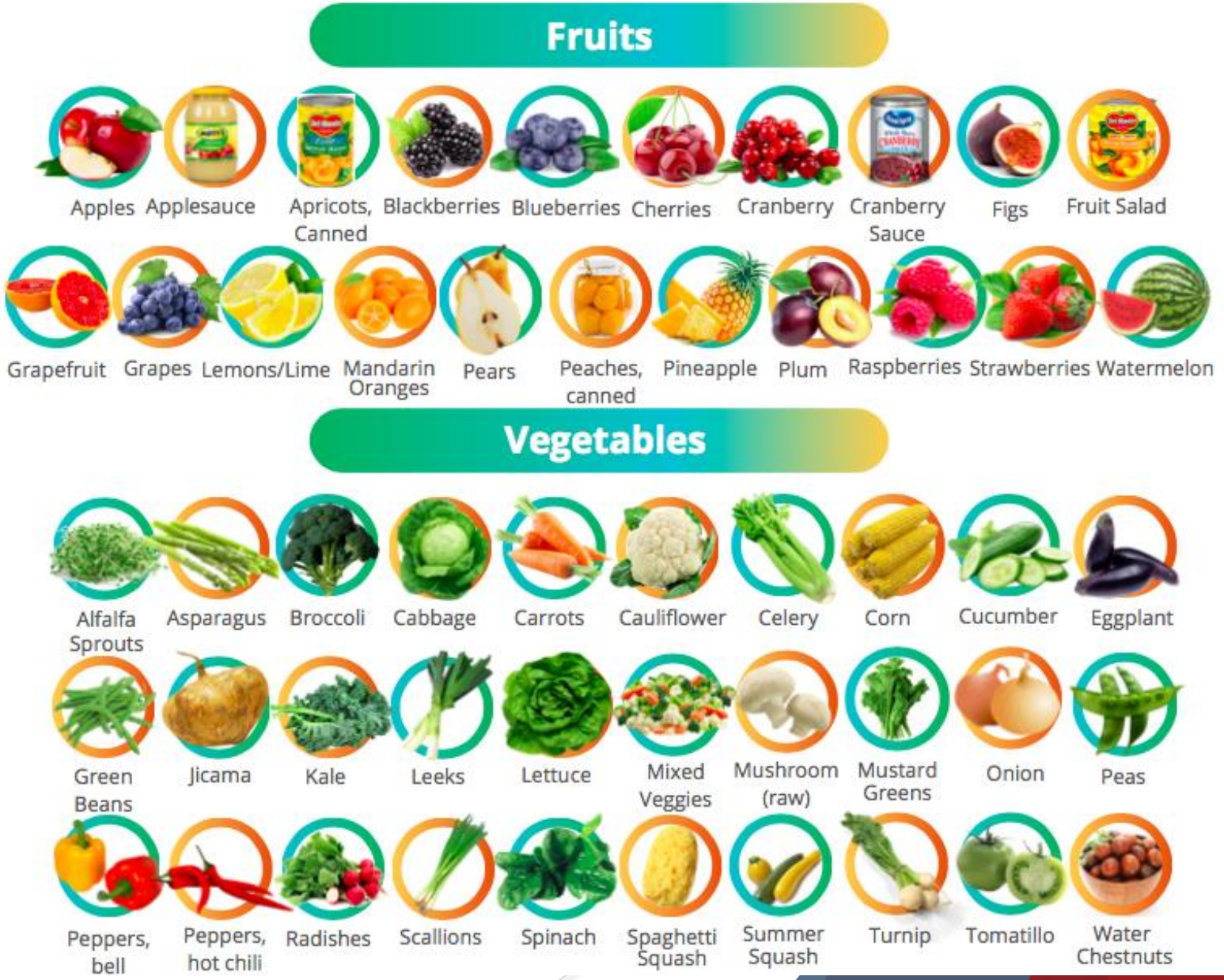
Gut-Health

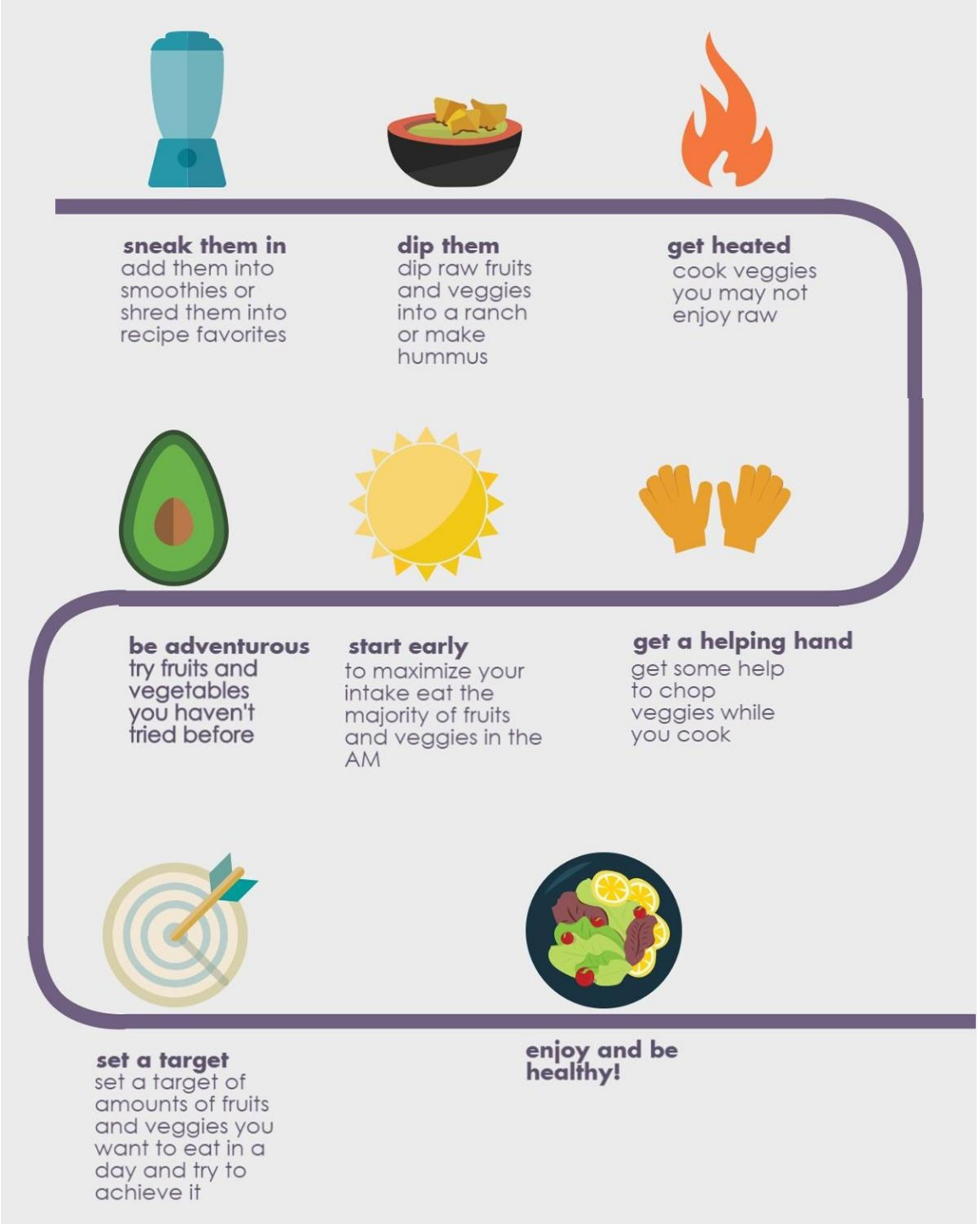
Nutritionally Dense

Potassium goal = Your lab value

Low Potassium Foods:

Don’t think about what you can’t have but what you **CAN** have





How To Increase Produce Intake

JUL 15, 2019

USDA-advised daily fruit, veggies cost less than $3

Every 5 years, USDA and the U.S. Department of Health and Human Services release a new version of the *Dietary Guidelines for Americans* with information and recommendations about how individuals can achieve a healthy diet. During 2019, the 2020 Dietary Guidelines Advisory Committee—composed of nutritionists, physicians, and public health researchers—has been meeting to discuss new research and advances, which might be incorporated into the upcoming, next version of the guidelines.

The current *2015–2020 Dietary Guidelines for Americans* recommends that people needing 2,000 calories per day include 2 cups of fruit and 2.5 cups of vegetables in their daily diets. USDA food consumption surveys find that the average American falls far short—consuming only 0.9 cups of fruit and 1.4 cups of vegetables per day. Individuals choose foods based on taste, convenience, cost, and other

Yes, if:

- Buy organic
- Buy small quantities at a time
- Dont meal plan before shopping
- Don't look for sales
- Don't store produce properly

Does Eating More Produce Cost More Money?

No, if:

- Buy generic
- Buy bulk
- Meal plan before and shop with a list
- Shop on Wednesdays
- Freeze item or buy frozen
- Store produce properly

Mistake #2: Not Understanding Labels

A

Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160g	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

B

Nutrition Facts

2 servings per container

Serving size **1 cup (255g)**

	Per serving		Per container	
Calories	**220**		**440**	
		% DV*		% DV*
Total Fat	5g	**6%**	10g	**13%**
Saturated Fat	2g	**10%**	4g	**20%**
Trans Fat	0g		0g	
Cholesterol	15mg	**5%**	30mg	**10%**
Sodium	240mg	**10%**	480mg	**21%**
Total Carb.	35g	**13%**	70g	**25%**
Dietary Fiber	6g	**21%**	12g	**43%**
Total Sugars	7g		14g	
Incl. Added Sugars	4g	**8%**	8g	**16%**
Protein	9g		18g	
Vitamin D	5mcg	25%	10mcg	50%
Calcium	200mg	15%	400mg	30%
Iron	1mg	6%	2mg	10%
Potassium	470mg	10%	940mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Am I combining items together

OR

having one meal?

Know Your Labels

Look for sodium

Sample Label for Macaroni and Cheese

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 — Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	

Aim for:
<500-700 mg/meal

<100-150 mg/snack

Fresh or Frozen

Eat fresh or frozen produce instead of canned

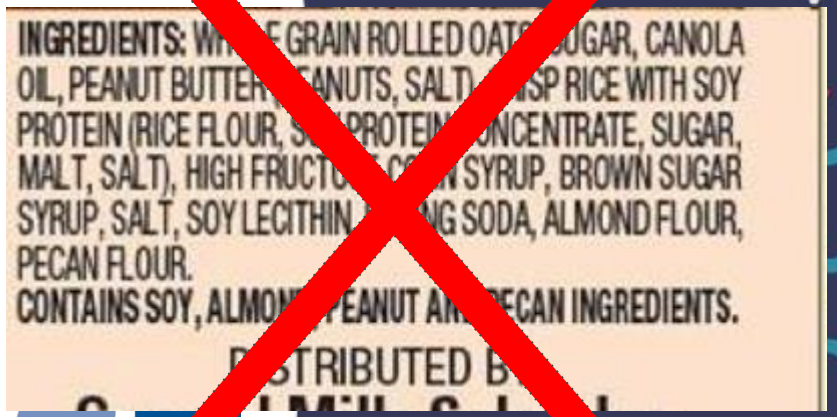
Frozen Vegetables

Steer clear of preseasoned fruits and vegetables!

Fresh fruits and veggies are the best!

Consume REAL Food with Less Ingredients

Front labels are often used to lure people into buying products. However, some of these labels are highly misleading with hidden ingredients.



LABELS SHOULD NOT
AS VAST SEVEN SEA

Nutrition Facts

Serving Size	**2 Tbsp (36g)**
Amount Per Serving	
Calories	**190**
	% Daily Value*
Total Fat 12g	**16%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 6g	
Cholesterol 0mg	**0%**
Sodium 190mg	**8%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 2g	**7%**
Total Sugars 4g	
Incl 3g of Added Sugars	**5%**
Protein 7g	

Ingredients
Peanuts, Corn Syrup Solids, Sugar, Pea Protein, Contains 2% or Less of: Salt, Fully Hydrogenated Vegetable Oils (Rapeseed and Soybean), Mono and Diglycerides, Molasses, Magnesium Oxide, Niacinamide, Ferric Orthophosphate, Zinc Oxide, Copper Sulfate, Pyridoxine Hydrochloride, Folic Acid.

Nutrition Facts

About 23 servings per container

Serv. size	**2 Tbsp (32g)**
Amount per serving	
Calories	**190**
	% DV*
Total Fat 16g	**20%**
Sat Fat 3g	**14%**
Trans Fat 0g	
Cholest. 0mg	**0%**
Sodium 110mg	**5%**
Total Carb. 7g	**2%**
Fiber 3g	**10%**
Total Sugars 2g	
Incl. 0g Added Sugars	**0%**
Protein 8g	**8%**
Vit D 0mcg 0% • Calcium 18mg	2%
Iron 1mg 2% • Potas 201mg	4%

Ingredients
Peanuts, Contains 1% Or Less Of Salt.

What Is The Renal Diet?

Diabetic?
Low Carb

Low Sodium

Dialysis?
High Protein

Low
Phosphorus

Low
Potassium

What Is The Renal Diet?

Finding foods you CAN have to strengthen your kidneys back to health!

Your dietitian can help

- What can I have?
- I am missing…..[-----]. How do I fit it in my diet?
- What should I be looking for, for myself for sodium on [xxxx] or carbohydrates on [xxxxx]
- Do you have any ideas for [xxxx]? It would be much easier for me if I could find a [xxxx] to eat?

Mistake #3: Not Experimenting

Buy More Produce	1	2
Complementary Foods	3	4

Cooking Methods

Seasoning

Expand on Cooking Methods

10. POACHING

A low simmer in flavoured liquid

Use with:

Sauce Pan | Slotted Spoon

11. PRESSURE COOKING

Steam pressure builds up inside a sealed pot, cooking faster

Use with:

Pressure Cooker

12. SAUTÉING

Frying ingredients in a very hot pan with little fat whilst constantly flipping

Use with:

Frying Pan | Sauté Pan | Skillet Pan

13. SEARING

Adding ingredients to searing oil undisturbed until it's time to turn

Use with:

Frying Pan | Sauté Pan | Skillet Pan | Tongs

14. SLOW ROASTING

Roasting in the oven at lower temperatures for long periods of time

Use with:

Roasting Tray

15. SMOKING

Food cooked over burning wood to give it a smoky flavour

Use with:

Wood Chips | Grill/BBQ | Foil Pans | Coal | Long Handled Tongs

16. SOUS VIDE

Vacuum packed food placed in a water bath to cook over long periods of time

Use with:

Sous Vide Machine | Sauce Pan | Digital Thermometer | Ziploc Bag | Binder Clip

17. STEWING

Smaller pieces of meat immersed in liquid and slow cooked

Use with:

Wooden Turner | Skillet Pan | Sauté Pan | Casserole Dish | Slow Cooker

18. STIR-FRYING

Frying in a little oil over a very high heat

Use with:

Wok | Curved Spatula

COMPLEMENTARY FOODS

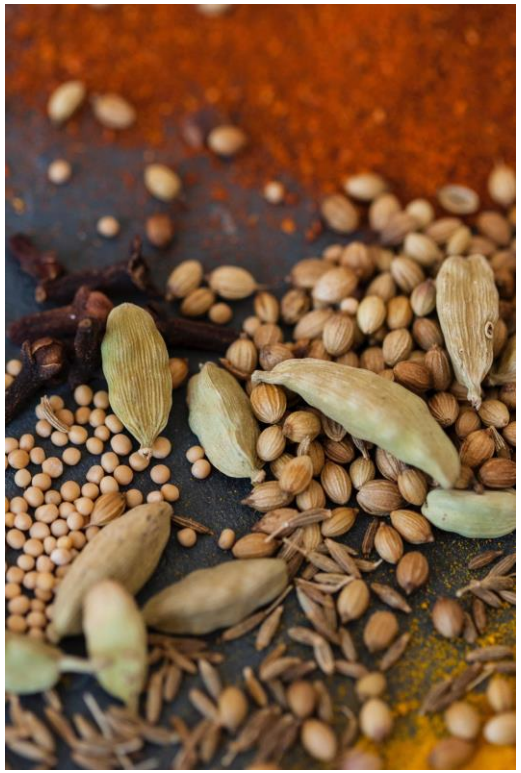
Main Dish	Side Dish
Chicken enchiladas	Cilantro lime quinoa
Chicken stir-fry bowl	BBQ asparagus
Homemade chicken ramen	Corn on the cob
Chicken stuffed zucchini boats	Italian eggplant salad
Chicken tacos	Pineapple coleslaw
BBQ chicken sandwiches	Baked yellow squash
Chicken alfredo casserole	Beet & cucumber salad
	Hevenly deviled eggs
	Three-pea salad
	Egg fried rice

Mix & Match

You **CAN** eat more than plain chicken, rice & vegetable

Seasoning

Try 1 new spice per month



ALLSPICE:

Use with beef, fish, beets, cabbage, carrots, peas, fruit

BASIL:

Use with beef, pork, most vegetables

BAY LEAF:

Use with beef, pork, most vegetable

CARAWAY:

Use with beef, pork, green beans, cauliflower, cabbage, beets, asparagus, and in dips and marinades

CARDAMOM:

Use with fruit and in baked goods

CURRY:

Use with beef, chicken, pork, fish, green beans, carrots and in marinades

DILL:

Use with beef, chicken, green beans, cabbage, carrots, peas and in dips

GINGER:

Use with beef, chicken, pork, green beans, cauliflower and eggplant

MARJORAM:

Use with beef, chicken, pork, green beans, cauliflower and eggplant

ROSEMARY:

Use with chicken, pork, cauliflower, peas and in marinades

THYME:

Use with beef, chicken, pork, fish, green beans, beets and carrots

SAGE:

Use with chicken, pork, eggplant and in dressings

Power and Pitfall to the Internet

Good	Bad
• Many ideas for products, recipes, cooking methods, combinations • Online community	• Not renal specific • Not specific to your individual plan • Consider your sources

Tips to navigate the internet

1. If you find a recipe you want to try - go for it. Often you may need to half the salt amount or substitute low sodium items for the regular ones listed.
2. If the recipe has high potassium foods and you're unsure if it will work for you, ask your dietitian for substitute ideas
3. If you really want to try it, but it doesn't look like it would "fit" in your diet then talk to your dietitian. He/she can help you figure out HOW MUCH is right for you.
4. Learn common substitutes
5. Find your favorite websites. Try to find some that focused on whole-foods type of recipes

In Summary: The 3 biggest mistakes people make in the renal diet that cause too much restriction

1. Not enough produce.

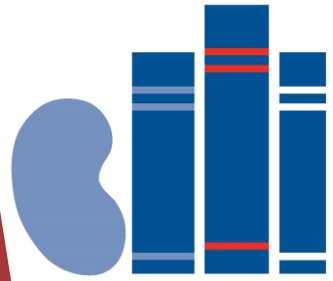
   INSTEAD understand WHAT you can have and HOW much. Work with your dietitian to include your favorites

1. Not using labels.

   INSTEAD use these to leverage your advantage in the grocery store, find new products, taste new things.

1. Not experimenting

   INSTEAD, mixup the how you cook and what you cook with.



Questions?

Chat box or unmute phone line #6

Thank You for Attending Today!

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