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
YOUR HEALTH IS AN INVESTMENT
NOT AN EXPENSE
Mistake #1: Not Enough Produce

...and this dish is totally potassium-free!
Value of Produce

Gut-Health

Tasty

Nutritionally Dense
Potassium goal = Your lab value
Don’t think about what you can’t have but what you **CAN** have

**Low Potassium Foods:**

**Fruits**
- Apples
- Applesauce
- Apricots, canned
- Blackberries
- Blueberries
- Cherries
- Cranberry
- Cranberry sauce
- Figs
- Fruit Salad
- Grapefruit
- Grapes
- Lemons/Lime
- Mandarin Oranges
- Pears
- Peaches, canned
- Pineapple
- Plum
- Raspberries
- Strawberries
- Watermelon

**Vegetables**
- Alfalfa Sprouts
- Asparagus
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumber
- Eggplant
- Green Beans
- Jicama
- Kale
- Leeks
- Lettuce
- Mixed Veggies
- Mushroom (raw)
- Mustard Greens
- Onion
- Peas
- Peppers, bell
- Peppers, hot chili
- Radishes
- Scallions
- Spinach
- Spaghetti Squash
- Summer Squash
- Turnip
- Tomatillo
- Water Chestnuts
How To Increase Produce Intake

1. Sneak them in: Add them into smoothies or shred them into recipe favorites.
2. Dip them: Dip raw fruits and veggies into a ranch or make hummus.
3. Get heated: Cook veggies you may not enjoy raw.
4. Be adventurous: Try fruits and vegetables you haven't tried before.
5. Start early: To maximize your intake eat the majority of fruits and veggies in the AM.
6. Get a helping hand: Get some help to chop veggies while you cook.
7. Set a target: Set a target of amounts of fruits and veggies you want to eat in a day and try to achieve it.
8. Enjoy and be healthy!
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 factors, in addition to Federal dietary recommendations. Certain practical changes might be possible.
Does Eating More Produce Cost More Money?

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

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

Labels should NOT be as vast seven seas!
### A

**Nutrition Facts**

8 servings per container  

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

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories: 230</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat 8g</td>
<td>10%</td>
</tr>
<tr>
<td>Saturated Fat 1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 160g</td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate 37g</td>
<td>13%</td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
<td>14%</td>
</tr>
<tr>
<td>Total Sugars 12g</td>
<td></td>
</tr>
<tr>
<td>Includes 10g Added Sugars</td>
<td>20%</td>
</tr>
<tr>
<td>Protein 3g</td>
<td></td>
</tr>
</tbody>
</table>

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)

<table>
<thead>
<tr>
<th>Calories: 220</th>
<th>% DV*</th>
<th>Calories: 440</th>
<th>% DV*</th>
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</thead>
<tbody>
<tr>
<td>Total Fat 5g</td>
<td>6%</td>
<td>Total Fat 10g</td>
<td>13%</td>
</tr>
<tr>
<td>Saturated Fat 2g</td>
<td>10%</td>
<td>Saturated Fat 4g</td>
<td>20%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 15mg</td>
<td>5%</td>
<td>Cholesterol 30mg</td>
<td>10%</td>
</tr>
<tr>
<td>Sodium 240mg</td>
<td>10%</td>
<td>Sodium 480mg</td>
<td>21%</td>
</tr>
<tr>
<td>Total Carb. 35g</td>
<td>13%</td>
<td>Total Carb. 70g</td>
<td>25%</td>
</tr>
<tr>
<td>Dietary Fiber 6g</td>
<td>21%</td>
<td>Dietary Fiber 12g</td>
<td>43%</td>
</tr>
<tr>
<td>Total Sugars 7g</td>
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<td>Total Sugars 14g</td>
<td></td>
</tr>
<tr>
<td>Incl. Added Sugars 4g</td>
<td>8%</td>
<td>Incl. Added Sugars 8g</td>
<td>16%</td>
</tr>
<tr>
<td>Protein 9g</td>
<td></td>
<td>Protein 16g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin D 5mcg 25%  
Calcium 200mg 15%  
Iron 1mg 6%  
Potassium 470mg 10%  

* 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

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.
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
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, Contains 1% Or Less Of Salt.
What Is The Renal Diet?

- Low Sodium
- Low Phosphorus
- Low Potassium
- Diabetic? Low Carb
- Dialysis? High Protein
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

<table>
<thead>
<tr>
<th>Buy More Produce</th>
<th>Cooking Methods</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 2</td>
</tr>
<tr>
<td>Complementary Foods</td>
<td>3 4</td>
</tr>
<tr>
<td></td>
<td>Seasoing</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th>Main Dish</th>
<th>Side Dish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken enchiladas</td>
<td>Cilantro lime quinoa</td>
</tr>
<tr>
<td>Chicken stir-fry bowl</td>
<td>BBQ asparagus</td>
</tr>
<tr>
<td>Homemade chicken ramen</td>
<td>Corn on the cob</td>
</tr>
<tr>
<td>Chicken stuffed zucchini boats</td>
<td>Italian eggplant salad</td>
</tr>
<tr>
<td>Chicken tacos</td>
<td>Pineapple coleslaw</td>
</tr>
<tr>
<td>BBQ chicken sandwiches</td>
<td>Baked yellow squash</td>
</tr>
<tr>
<td>Chicken alfredo casserole</td>
<td>Beet &amp; cucumber salad</td>
</tr>
<tr>
<td></td>
<td>Heavenly deviled eggs</td>
</tr>
<tr>
<td></td>
<td>Three-pea salad</td>
</tr>
<tr>
<td></td>
<td>Egg fried rice</td>
</tr>
</tbody>
</table>

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 vegetables

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**
- Many ideas for products, recipes, cooking methods, combinations
- Online community

**Bad**
- 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!

Please complete Feedback Form

Join us for our next webinar!

There’s a Grant for That!
January 30, 2020 at 2:00 pm Eastern
Presented by: Kim Buettner

Learn more and RSVP at www.dpcedcenter.org