KIDNEY-FRIENDLY THANKSGIVING



Feast Instead of Fear

Check out these kidney-friendly choices so you can enjoy your feast without being afraid of crazy labs or fluid gains the next day!!





APPETIZER

And some snacks too!

- Deviled eggs
- Cream cheese with low sodium crackers
- Relish tray- carrots, cucumber, broccoli, peppers, radishes, celery with dip
- Popcorn (low sodium/unsalted, homemade)
- · Low sodium corn chips with tomatillo salsa
- Low sodium pretzels
- Fruit tray- strawberries, blueberries, grapes, clementines, pineapple



COOKING

Easy ways to cut sodium

- Low sodium broth
- Unsalted butter
- Herbs instead of salt (sage, thyme, rosemary are classics!)
- Make gravy from drippings instead of a mix or a can
- Marinate the main dish instead of brining
- Use small amounts of vinegar or lemon juice to perk up flavors without adding salt



Talk to your dietitian for lower sugar choices if diabetic

- Pie: Apple, lemon meringue, cherry, berry
- Cool whip instead of ice cream
- Cheesecake
- Angel food cake
- Apple Crisp
- Lemon Bars
- Kidney-friendly "pumpkin" pie (see recipe)
- · Sherbet, some sorbets
- Sugar cookies
- Rice crispy treats



SIDES

🥁 Load up on favorite veggies!

- Green beans, cabbage, cooked carrots
- Rice pilaf or risotto
- Pasta salad
- Double boiled mashed potatoes
- Cranberry sauce
- Applesauce
- Homemade dressing/stuffing (not from a box)
- Green salad
- Jell-o salad (counts towards fluids)



DISHES

MAIN

Get some protein!

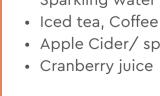
- Turkey (of course!)
- Pork
- Chicken
- · Cornish games hens
- Duck or Goose
- Beef (prime rib if you are lucky)



EVERAGES

Remember fluids can add up fast!

- Lemon/lime soda, Ginger ale, Sparkling water WATCH
- HERE! Apple Cider/sparkling cider





ESSERT



FOODS TO BE ON THE WATCH FOR:

high in potassium, phosphorus or sodium



- Pies- cream pie, pumpkin, sweet potato, pecan, chocolate, mince meat
- Other desserts: bread pudding, ice cream, gingerbread, molasses
- Turkey pre-seasoned or brined
- · Potatoes, sweet potatoes, yams
- Pickles and olives
- Mixed nuts
- Hot chocolate
- Chocolate milk
- Chips
- Dips
- Sausage
- Beer
- Mangos, oranges, pomegranates, nectarines, bananas

BINDER REMINDER



Talk to your dietitian or doctor about taking an extra binder, or splitting your binder dose throughout your big mea

to cover for the extra phosphorus you might

eat.



Pumpkin -free Pumpkin pie



INGREDIENTS

- Filling
- 2 1/4 cups pureed spaghetti squash
- 1/4 cup maple syrup
- ½ cup brown sugar
- 1/3 cup unsweetened plain almond milk
- 1 tablespoon olive oil or melted coconut oil
- 2 ½ tablespoons cornstarch or arrowroot powder
- 1 ¼ teaspoon pumpkin pie spice (or sub mix of ginger, cinnamon, nutmeg, and cloves)
- 1/4 teaspoon sea salt
- Crust (your favorite recipe)

INSTRUCTIONS:

- 1. Preheat oven to 350 degrees F (176 C)
- 2. Add all pie filling ingredients to a blender and blend until smooth, scraping down sides as needed. Taste and adjust seasonings as needed.
- 3. Pour filling into pie crust and baked for 58-65 minutes. The crust should be light brown and the filling will start to be just a bit jiggly and will have some cracks on the top
- 4. Remove from oven and let cool completely before loosely covering and transferring to the refrigerator to fully set for 4-6 hours, preferably overnight.
- Slice and serve with your whipped topping of choice.

Nutrition information:

Calories 360 | Fat 19 g | Phosphorus 45 mg | Potassium 125 mg | Carbohydrates 44 g | Sodium 90 mg | Fiber 2 g | Protein 4 g

