

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!!



APPETIZERS:

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



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)



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



MAIN DISHES

Get some protein!

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



DESSERT

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



BEVERAGES

Remember fluids can add up fast!

- Lemon/ lime soda, Ginger ale, Sparkling water
- Iced tea, Coffee
- Apple Cider/ sparkling cider
- Cranberry juice

**WATCH
HERE!**



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 meal** to cover for the extra phosphorus you might eat.



Pumpkin-free Pumpkin pie



Serving size: 1/8 of pie

INGREDIENTS

- Filling
- 2 ¼ cups pureed spaghetti squash
- ¼ cup maple syrup
- ¼ 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)
- ¼ 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