

FALL NEWSLETTER

Happy Holidays!

Tips for celebrating:

Halloween
Football season
Thanksgiving



Information
submitted
from CRN of
Long Island

FOR HALLOWEEN NUTRITIONAL COMPLIANCE TIPS

Treats for Dialysis Patients

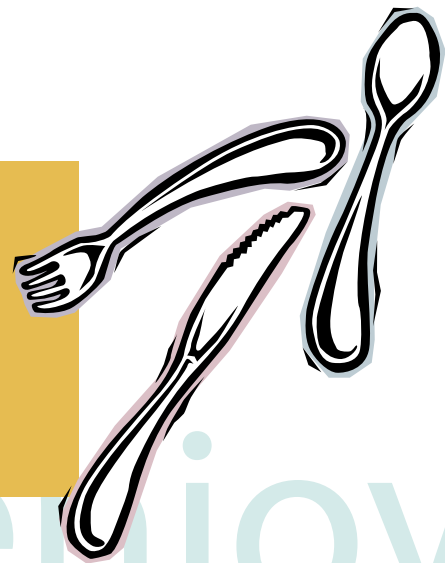
Courtesy of Maria Karalis, RD, CSR, LD

The candies listed on the right are acceptable for non-diabetic dialysis patients and contain less than 150mg of potassium per serving.

Caramels	1 oz
Cracker Jacks	1 oz
Candy Corn	1 oz
Fruit snacks	1 pkg
Good & Plenty	1 oz
Gum Drops	1 oz
Gummy Bears	1 oz
Jelly Beans	1 oz
Jolly Ranchers	1 oz
Life Savers	1 oz
Lemon Drops	1 oz
Marshmallows	1 oz
Mints	1 oz
Nerds	1 oz
Red Licorice	1 oz
Red Hots	1 oz
Sour Balls	1 oz
Starburst	1 oz
Sweet Tarts	1 oz

Please note that chocolate, nuts, peanut butter and pumpkins seeds are high in potassium and/or phosphorus. If you have a question about a particular candy not listed above, check with your renal dietitian.

HAPPY THANKSGIVING!



enjoy!

PREPLAN your holiday meal. During the day, you will be confronted with a large array of foods. Think in advance about what you will choose and how much you will eat.

REVIEW your renal dietary plan, know what nutrients the foods you choose contain, act accordingly.

LEARN to say “NO” when others offer you foods/ beverages that you know are restricted on your dietary regimen.

EAT SLOWLY—savor each bite.

KEEP BUSY—assist in setting/clearing the table, minding children, chores, etc.

After the meal, seat yourself near other people, not near the food—enjoy conversation with your relatives and friends.

You will find that you can still enjoy the holiday, while continuing to follow your doctor’s orders.

THANKSGIVING HOLIDAY MENU

Roast Turkey with Giblet Gravy
Festive Cranberry Stuffing
Buttered Asparagus
Tossed Salad with Vinaigrette dressing
Parker House Roll with butter
Pineapple Upside Down Cake

enjoy!

Festive Cranberry Stuffing

3 cups stale bread
1 cup diced, peeled tart apples
1/2 cup diced raw cranberries
1/4 cup chopped celery
1/4 tsp poultry seasoning
1/4 cup apple juice
2 Tbsp unsalted butter, melted

Preheat oven to 350 degrees F.
Combine all ingredients in a large bowl, toss to mix. Place in a lightly greased casserole dish. Bake for 30 minutes.

Serving size: 1/2 cup



Pineapple Upside Down Cake

1 package yellow cake mix
2 eggs
1/4 cup canola oil
1-16oz can pineapple slices in own juice
2 Tbsp margarine
1/2 cup light brown sugar

Heat oven to 350 degrees F.
Prepare cake as per package directions, using eggs and oil. Heat margarine, add brown sugar, stirring until dissolved. Pour into bottom of 9x12 inch pan. Place pineapples on top, covering surface of pan. Pour cake batter over pineapples. Bake until golden brown, or until a toothpick inserted into batter comes out clean. Cool for 5-10 minutes. Loosen sides and invert onto a serving plate.

Serving size: 2 inch square

FOOTBALL SEASON IS HERE!



The Fall football season is upon us. Cheering on your favorite team is a fun way to get together with family and friends. Unfortunately, some of the foods served at tailgate parties can wreak havoc with your renal diet. Listed below are typical menus and more renal friendly alternatives.

Menu 1

Foot long Hot Dog on a bun with sauerkraut
Small bag of potato chips
Brownie
12 oz Beer

Try instead:
Roast Beef Sandwich with mayo
1/2 lb Macaroni salad
Rice Krispie treat
8 oz Ginger Ale

Menu 2

Chili with beans
Corn bread
Chocolate chip cookies
12 oz Cola

Try instead:
Homemade Beef Stew
Fresh sourdough bread
Carrot sticks
Sugar cookies
8 oz 7-Up