



## ***"Turkey Day: the Renal Way"***

**Feast or famine? Is it difficult for you to follow a "renal diet" at Thanksgiving? This guide will help you make smart food choices.**

**Enjoy the star of the day - turkey!! It is a good source of high quality protein and also low in fat (if you don't eat the skin). Leftover turkey can be frozen for later use in sandwiches or casseroles. The carcass can be made into flavorful low sodium broth. If you don't want to prepare a large bird, serve roast chicken, Cornish game hens, or a turkey breast.**

**Many traditional Thanksgiving Day foods are rich in potassium. If you eat a *favorite* item such as candied sweet potatoes, use common sense. Balance its higher potassium content with a lower potassium item. Eat green beans instead of mashed potatoes or greens when you eat sweet potatoes.**

**Rinsed canned sweet potatoes or "leached" sweet potatoes have less potassium than those baked in their skins. The canning and leaching processes lower the potassium content. To "leach" sweet potatoes do the following: peel the sweet potatoes, cut into thin slices, soak slices for at least four hours in warm water, drain the sweet potatoes, and then boil them in fresh water. You could candy the "leached" sweet potatoes by baking them with honey, corn syrup, or brown sugar and unsalted margarine. Candied or glazed carrots are a lower potassium choice.**

**If you have diabetes, you could make a sweet potato casserole that is lower in sugar. Here are two ideas: 1) Layer the pre-**

**soaked boiled sweet potato slices with apple rings, dot with light margarine, and sprinkle with cinnamon. Bake until the apples become tender. 2) Mash or puree the pre-soaked boiled sweet potatoes with light margarine and a small amount of pumpkin pie spice. Drain crushed pineapple (packed in its own juice) and stir into the sweet potato mixture. Bake until warm.**

**Do not eat a large slice of pumpkin pie in addition to sweet potatoes. Eat one *or* the other, or have a *small* serving of each. Beware of mince and sweet potato pies as they also have lots of potassium. Pecan pie is high in phosphorus. Consider lower potassium and phosphorus pies such as apple or cranberry.**

**Most types of homemade plain bread stuffing are okay to eat. Be careful of those that contain sausage, which is high in sodium. Use less higher potassium vegetables such as celery, mushrooms, or raw carrots. Seasonings without salt such as sage, thyme, or marjoram can add flavor. Use homemade turkey stock, low sodium canned broth, or hot water instead of regular canned broth or bouillon cubes to decrease the sodium content.**

**Packaged stuffing mixes are usually high in sodium. Look at the food label. Determine what a *serving* is. If it has 10% or less of the RDA for sodium, it can be used in place of eating a slice of bread or a roll.**

**Canned gravy or packaged gravy mixes are usually sodium rich. Natural gravy can be made from pan drippings that are thickened with flour, cornstarch, or arrowroot. Do not use too much, as it has saturated fats as well as potassium.**

**Cranberry sauce is a bonus! It is very low in potassium. It is**

**also a source of calories, if you need to gain weight. If you have diabetes, you may want to make your own low sugar version instead of using a canned product. However, canned cranberry sauce could be substituted for a fruit serving. You can buy fresh cranberries when they're available and freeze them for later use.**

**Most likely you will eat a larger meal than usual at your Thanksgiving feast. You may need to adjust your phosphate binders (such as Renagel, Fosrenol, or Phoslo) to match the phosphorus in this big meal and use less binder if your other meals are smaller than usual.**

**Be careful the rest of the day with your other food choices. Try non-dairy creamer instead of milk with your cereal at breakfast to control potassium and phosphorus. Puffed rice or cream of wheat may be better cereal choices for that day. Avoid grapefruit or orange juice and use lower potassium juices such as grape, cranberry, or apple. If you sometimes eat a small piece of banana in your cereal, substitute a lower potassium fruit such as a canned peach or pear half.**

**The third meal of the day could be a sandwich or lighter fare that avoids potassium-rich fruits and vegetables. Consider a beef patty on a hamburger bun or a tuna sandwich (rinse the canned tuna to lower its sodium content). You might want a leftover turkey sandwich, if you don't have turkey burnout! If you didn't eat an egg at breakfast, perhaps scrambled eggs (or egg whites or egg substitute) with toast might do.**

**Remember: wise food choices provide a tasty holiday meal without depriving yourself or negatively affecting your health.**



## Enjoy these seasonal recipes!

### ***Honey Berry Sauce***

**Makes 1 1/4 cups. A tart 'n spicy cranberry sauce.**

**2 cups fresh cranberries**

**1/2 cup honey**

**1/8 tsp ground cloves**

**1/4 tsp ground ginger**

**1/2 tsp ground cinnamon**

**2 TBSP water**

**2 TBSP grated orange rind (available in jars in market's spice aisle) Cook cranberries in water until cranberry skins pop, about 8 minutes.**

**Stir in remaining ingredients. Serve warm or cold.**

**Approximate analysis per 2 TBSP: Protein: .2 grams Fat: negligible**

**Carbohydrate: 17 grams Calories: 62 Sodium: 1 milligram**

**Potassium: 26 milligrams Phosphorus: 3 milligrams Suggested Use: up to 3 TBSP per day free! Diabetic Use: 2 TBSP as 1 low potassium fruit.**

### ***Tangy Cranberry Relish***

**Makes 2 cups Sweet and sour, made with vegetables instead of fruits.**

**1 cup cranberries**

**2/3 cup sugar**

**1 green pepper, diced**

**1/2 cup white distilled vinegar**

**1 medium onion, chopped**

**2 TBSP water**

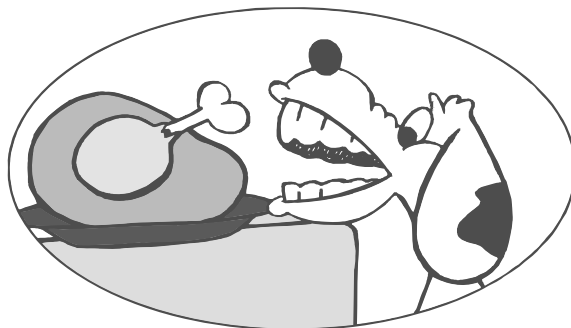
**In a small saucepan combine all ingredients and simmer over low heat, covered, about 10 minutes. Uncover and simmer for 10 more minutes.**

**Serve chilled.**

**Approximate analysis per 1/4 cup: Protein: .3 grams Fat: 0 Carbohydrate:**

**21 grams Calories: 80 Sodium: 2 milligrams Potassium: 59 milligrams**

**Phosphorus: 8 milligrams Suggested Use: 2 TBSP free; 1/3 cup as 1 low potassium fruit. Diabetic use: 1 TBSP free; 3 TBSP as 1 low potassium fruit**



### ***Candied Carrots***

**A lower potassium alternate to sweet potatoes. Makes 9 servings.**

**1 pound fresh carrots**

**1/3 cup light brown sugar (packed)**

**1/2 tsp grated orange peel (available in jars in spice section of market)**

**2 TBSP unsalted margarine**

**1 tsp vanilla extract**

**1. Scrape carrots and remove ends. Cut lengthwise into 1/8 inch strips. Cook carrots in unsalted boiling water until tender. Drain. Refresh carrots in cold water.**

**2. Put brown sugar, orange peel, and margarine into large skillet. Cook and stir until mixture is bubbly. Stir in vanilla extract.**

**3. Drain carrots and add them to candy mixture. Cook over low heat, stirring occasionally until carrots are glazed and heated through.**

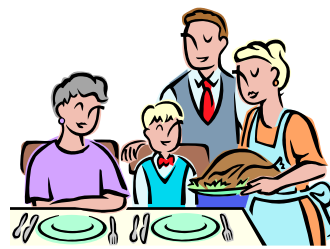
**Approximate analysis per 1/2 cup serving:**

**Protein .8 grams Fat 3 grams Carbohydrates 15 grams Calories 84**

**Sodium 50 milligrams Potassium 186 milligrams Phosphorus 24 milligrams**

**Suggested Use in Diet: 1/2 cup as 1 medium potassium vegetable. Diabetic Use: 1/2 cup as**

**1 medium potassium fruit (due to its sugar content)**



### ***Apple Cranberry Stuffing***

**Makes approximately 5 cups . Tasty, yet relatively low in sodium.**

**3 cups soft, stale bread crumbs**

**2 TBSP unsalted margarine, melted**

**1/2 cup diced raw cranberries**

**1/4 cup raisins**

**1/4 cup chopped walnuts**

**1/4 tsp poultry seasoning**

**1 cup diced, peeled tart apples**

**1/4 cup apple juice**

**1. Preheat oven to 350° F. Combine all ingredients and toss lightly to mix. Place in lightly greased 1 1/2-quart casserole dish.**

**2. Bake for 30 minutes. Serve warm.**

**Approximate analysis:**

**Protein: 1.8 grams Carbohydrate: 13 grams Fat: 5 grams Calories: 166**

**Sodium: 7 milligrams Potassium: 85 milligrams Phosphorus: 30 milligrams**

**Suggested Use: 1/2 cup as 1 low potassium fruit and 1/2 starch. Diabetic use is 1/2 cup as 1 low potassium fruit and 1 fat**

## ***Old Fashioned Bread Stuffing***

**12 servings. This is based on a family recipe.**

**1 cup chopped onion**

**1 medium carrot, diced**

**2 medium stalks celery, chopped**

**¼ tsp oregano**

**½ tsp dried rosemary, crushed**

**½ tsp each marjoram, basil, and thyme**

**1/8 tsp tarragon**

**1 large bay leaf**

**2 tsp parsley, chopped**

**1 lb loaf, sliced, firm-type white bread (dry the slices by placing in low heat oven)**

**1 egg, slightly beaten**

**3 TBSP unsalted margarine, melted**

**½ tsp poultry seasoning**

**¼ tsp white pepper**

**1. Combine onion, carrot, and celery in saucepan. Add water to cover. Add the next 7 herbs and parsley. Simmer until vegetables are done. Drain vegetables and discard cooking liquid. Refresh vegetables with cold water. Discard bay leaf.**

**2. Break dried bread slices into large bowl. Add lukewarm water, 1 TBSP at a time (enough to moisten).**

**3. Drain vegetables from cold water. Add them to bread and toss.**

**4. Add melted margarine, pepper, and poultry seasoning to bread mixture. Toss again. Place in 2-quart casserole dish that has been sprayed with non-stick vegetable coating such as Pam.**

**5. Bake in 350° F. oven for 25-30 minutes until stuffing is a little crusty on top.**

**Approximate analysis per 1/12 recipe, about 1/2 cup:**

**Protein: 4 grams Fat: 4 grams**

**Carbohydrate: 21 grams**

**Calories: 143**

**Sodium: 212 milligrams**

**Potassium: 128 milligrams**

**Phosphorus: 59 milligrams**

**Suggested Use: 1 serving as 1 1/2 starch and 1 low potassium vegetable.**

**Diabetic use is 1 starch, 1 low potassium vegetable, and 1 regular fat.**

