



Holiday Food Guide



Many holiday foods are high in sodium, potassium and/or phosphorus. This guide will help you make better choices, if you receive dialysis. Enjoy!!

High Sodium, Potassium or Phosphorus

Ham

Candied Yams or Sweet Potatoes

Winter Squash

Greens: mustard, collard, kale, or spinach

Mashed Potatoes

Potato Salad

Stuffing made from boxed mix

Better Choices

Roast pork, turkey, roast beef, or roast or fried chicken

Use canned sweet potatoes (that have been rinsed) or use fresh, peeled sweet potatoes that have been soaked at least 4 hours before boiling. Limit portion to ½ cup or less. Try glazed carrots.

Carrots

Green beans, cabbage, or green peas

Soak peeled, sliced potatoes at least 4 hours prior to boiling. Try rice or noodles instead of potatoes.

Use peeled, diced potatoes that have been soaked at least 4 hours before being cooked. Or use pasta or macaroni salad.

Homemade stuffing that does not have high potassium vegetables, nuts, or sausage.



High Sodium, Potassium or Phosphorus

Macaroni & Cheese

Canned Gravy or Gravy Mix

Pumpkin or Sweet Potato Pie
Pecan Pie

Fruit Cake

Eggnog



Better Choices

If you make this from “scratch”, use non-dairy creamer instead of milk and use less cheese, such as low sodium, in the recipe. Take your phosphate binder such as Phoslo, Fosrenol, or Renagel. Try buttered noodles that have been lightly sprinkled with cheese.

Gravy made from pan drippings.

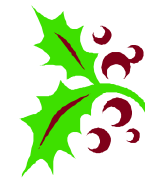
Choose pie or candied sweet potatoes/yams -don't eat both! Limit serving to 1/8 pie. Try a lower potassium pie: apple, cherry, peach, blueberry, cranberry, or lemon meringue. Or use peach cobbler or apple crisp. Top with non-dairy whipped topping.

Pineapple upside down cake, pound cake, or quick breads that are made with cranberries, blueberries, applesauce, or zucchini.

Drink 1/2 cup or less. Do not drink eggnog, if you also eat macaroni & cheese. Take your phosphate binder! Make a home made “eggnog” from non-dairy creamer and liquid egg substitute (do not use raw eggs due to salmonella). Try fruit punch made with cranberry juice and Sprite, 7-Up or ginger ale. Limit all fluids!!



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Nuts

Not recommended.

However, if you do eat nuts these are lower in phosphorus and potassium: pecans, macadamias, hickory, filberts or walnuts. Use 2 TBSP or less.
Remember to take phosphate binder!!