

RENAL SPRING HANDOUT

Fraser Health

Spring 2007

Spring is here to shake off those winter blues! Have you been looking for a fun way to increase your activity level and stay motivated?



One of the easiest ways to get exercise in your day is simply by walking! It is an activity that everyone can enjoy and make it fun together. You can walk with friends, family, and pets or by yourself.

These are some of the Health Benefits of Walking:

- ✓ Revitalizes the mind, reduces fatigue, increases energy and bone density
- ✓ Relieves stress and tension, resulting in better sleep
- ✓ Improves overall emotional well-being and helps boost your self-image, self-confidence and self-esteem
- ✓ Reduces risk of heart disease, high blood pressure, stroke, depression, osteoporosis, diabetes and arthritis
- ✓ Lowers high blood cholesterol levels and improves blood pressure control
- ✓ Assists with weight loss and maintenance
- ✓ Assists with keeping blood sugars stable if you have diabetes
- ✓ Helps build muscle strength and endurance and improves physical functioning which can prevent injuries

So why don't you join us on the...

Walk Across Canada Challenge!



This is your opportunity to participate in the, Fraser Health Region Kidney Care Program, **Walk Across Canada Challenge!**



We are going to wear pedometers to count our steps, convert the steps into kilometers and chart our progress along the Trans Canada Highway. Everyone's steps will be added together and we will mark our progress across the country on a large map.

What is a pedometer?

A pedometer is a simple device that clips to your waistband. It records the number of steps you take. If you are part of the Kidney Program and you want to participate in the Challenge, you will be given a pedometer. Clip it on for the whole day, part of the day, or just when you go for a walk. Remember to ask your dietitian for your *free pedometer* to get you started!

Number of steps from BC to Newfoundland

The highway is 7,821 km long from Victoria to St John's, Newfoundland. At approximately 1250 steps to = 1 kilometer, it will take **9,776,250** steps to reach our destination! This is not a small task so the staff at the Kidney Care Clinics, Peritoneal dialysis and Hemodialysis units all across the Fraser Health Authority, have agreed to count their steps too. Even the kidney doctors will participate!

How many steps should I aim for?

Everyone is at a different fitness level and some have conditions that limit their ability to exercise. Use your pedometer to challenge yourself. Start slowly and gradually increase your steps each week by 50 to 250 steps per day. For those at a higher fitness level, research shows that 10,000 steps a day is a good target.

**If you are interested to sign up please
contact your Kidney Dietitian!**

So, join in on the fun!

Let's get moving. And remember...

**EVERY
STEP COUNTS!!**



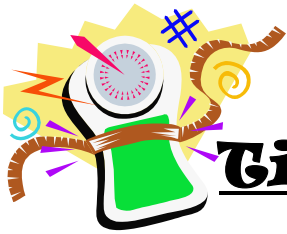
WALK ACROSS CANADA CHALLENGE



Tips to Stay Motivated:

1. Find a walking partner or join a walking group. This will keep you motivated even on those days when you don't feel like exercising.
2. Keep challenging yourself by setting small, achievable goals. For example, even if you start with only 100 steps a day, focus on increasing that to 120 steps. When you've achieved that goal, focus on increasing it to 140 steps.
3. Wear comfortable shoes and good socks to help cushion your feet.
4. Make specific plans to walk and write them down. Include when, where, with whom, how long, how hard and how often.
5. Add activity to your life. Walk during coffee breaks. Park in the far corners of parking lots and enjoy the walk to where you are going.
6. Wear clothes that are right for the season. Try using layers of clothing in the cold weather to keep you warm, and cotton clothes in the summer to keep you cool.
7. Walk in a safe place that has plenty of lights in the evening. Try walking around a local school's parking lot, or even going to the mall.
8. Try to think of your walk in three parts: a warm-up period at the beginning, a brisker pace in the middle, and a cool-down at the end. You can feel success when you finish each part.
9. Take a "mental vacation". Use your walking time to think about pleasant things. Avoid using the time to worry about family problems or bills. It is important to feel good about what you are doing.
10. If you slip off your program, forgive yourself and begin again. Don't give up. With activity, it is not "all or nothing". Every little bit helps!





Tips for Weight Reduction*

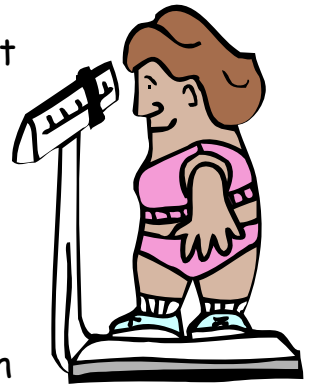
1. Try to eat a larger breakfast and cut back on portions at lunch & supper.

2. Use smaller plates so
look so small.



the portions don't

3. Eat meals more slowly. Put your fork down between each bite.



4. Try spreading the daily food allowance over more than 3 meals a day (have 3 small meals & 3 small snacks everyday). Snack with foods 'saved' from a regular meal. For example, save a fruit serving from the evening meal for a bedtime snack.



5. Concentrate on developing good eating habits instead of skipping meals.

not help
balanced
portion sizes.



Skipping meals or starving your body does you to lose weight. Rather, have 3 well-meals everyday consisting of smaller

6. Use the fat-free methods of cooking. Bake, broil, stew, roast, grill or BBQ meats instead of breading, frying or deep-frying.



7. Season cooked



vegetables with lemon juice,

vinegar, garlic or onion powder instead of butter, margarine, or sauces.

8. Substitute lean meat, fish and poultry in high fat, white marbled and processed like hot dogs, sausages, bacon, pepperoni



place of meats and salami.

9. Use fresh fruit their own juice. fruit canned in



and fruit canned in light syrup or in These are lower in calories than heavy syrup.

10. Avoid sweetened cereals, sweet rolls, pancakes, donuts, and waffles as well as cakes, other high calorie



pies, cookies, and desserts.



11. Limit or omit use of jam, jelly, honey, syrup, candy and other concentrated sweets.



12. Avoid foods in gravy, cream sauce or cheese sauce.

13. Use 1% milk Choose fat or less)



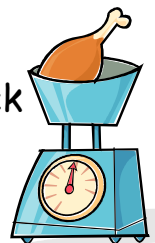
instead of 2% milk, half & half, or cream. cheeses made from lower fat milk (20% milk or partly skimmed cheeses.



14. Limit portions of starch foods (soaked potatoes, pasta, rice, cereal) to $\frac{1}{2}$ to 1 cup per meal.



15. A portion size of meat/fish/poultry is equal to the size of a deck of cards or the size of the palm of your hand, approximately 3 ounces (90 grams).



16. Choose healthy foods for snacks such vegetables, unsalted crackers & low fat plain popcorn, cereal bars, etc.



as fruit or cheese,

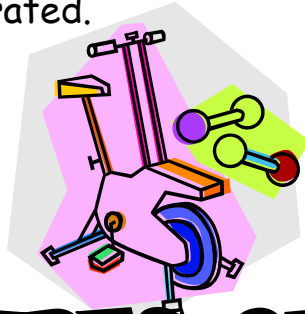
17. A healthy, well-balanced plate consists of starch (pasta, rice or bread), protein (meat, fish, poultry, eggs, cheese) and



vegetables/fruit. Half of your plate should contain low potassium vegetables (&/or fruit), $\frac{1}{4}$ should be starch and $\frac{1}{4}$ should be protein.

18. Exercise regularly to help lose weight and build muscle. Walking, stationary biking, swimming or even gardening are great physical activities. Try to do at least 20 - 30 minutes of activity per day and increase as tolerated.

*Tips adapted from a handout on the RenalRD listserv



RENAL RECIPES OF THE SEASON



These low-fat recipes are great to incorporate into a healthy lifestyle:

BAKED SALMON WITH CUCUMBER DILL SAUCE

Serves: 4

Ingredients:

4 Salmon steaks or fillets



Sauce Ingredients:

4 Tbsp chopped cucumber

2 Tbsp chopped onion

4 Tbsp low fat mayonnaise

2 Tbsp chopped, fresh dill (or 2 tsp of dried dill)

Preparation:

1. Preheat oven to 375°. Line a baking tray with foil.
2. Mix sauce ingredients together.
3. Wash salmon, pat dry, and spread ingredients over the top.
4. Bake in oven for 15 to 20 minutes, depending on thickness of fillets.

ROASTED VEGETABLE SALAD

Serves: 6

Serving size: 2/3 cup



Ingredients:

1 cup	cauliflower or broccoli florets
1 cup	carrots, bite-sized pieces
1 small	red or yellow bell pepper, bite-sized pieces
1 small	green bell pepper, bite-sized pieces
1 cup	fresh mushrooms, cleaned and halved
1 cup	zucchini slices
1 Tbsp	minced garlic
2 Tbsp	olive oil
2 Tbsp	balsamic vinegar
2 tsp	dried rosemary
$\frac{1}{2}$ tsp	black pepper to taste

Preparation:

1. In large bowl add together the cauliflower or broccoli, carrots, bell peppers, mushrooms, zucchini, garlic, olive oil and rosemary. Mix well.
2. Spread vegetables on a broiler pan, sprinkle with black pepper, and broil for 12 to 15 minutes, until vegetables are slightly browned at the edges. Stir a few times during cooking.
3. Add vegetables back to the large bowl and toss with the balsamic vinegar. Serve hot or at room temperature.



Helpful hints:

Line your broiler pan with aluminum foil to keep in the juices and speed up cleaning.

APPLE CRISP

Serves: 6



Ingredients:

- 6 apples, cored, peeled and sliced
- 1 tsp lemon juice
- 1 tsp grated lemon peel (optional)
- $\frac{1}{4}$ cup sugar or Splenda
- 1 tsp cinnamon

Crisp Topping:

- $\frac{1}{2}$ cup rolled oats
- $\frac{1}{2}$ cup brown sugar, packed
- $\frac{1}{4}$ cup flour
- $\frac{1}{4}$ tsp cinnamon
- 3 Tbsp butter or non-hydrogenated margarine*

*Note: unsalted non-hydrogenated margarine or butter can reduce sodium further

Preparation:

1. Peel, core and slice fruit. Combine fruit, lemon juice, lemon peel, sugar or Splenda[®] and cinnamon. Place fruit in a 9x9 inch (2L) pan.
2. Combine oats, brown sugar, flour and cinnamon.
3. Cut non-hydrogenated margarine or butter into mixture until it resembles coarse crumbs.
4. Sprinkle crumb mixture over apples.
5. Bake at 350°F (180°C) oven for 30-40 minutes or until apples are tender.

Variations:

- Add crushed pineapple.
- Substitute apples with pears, peaches or rhubarb. For rhubarb crisp, add extra $\frac{1}{4}$ cup (50mL) of sugar or Splenda[®].
- Substitute rolled oats with $\frac{1}{3}$ cup (175ml) flour to make a crumble.