

RENAL SUMMER HANDOUT

Fraser Health

Summer 2007

Renal Summer Food Guide



It is now time to enjoy the outdoors with summer barbecues and picnics. In summer the three things you may want to consider in your renal diet are monitoring your potassium, sodium (salt) and fluids more carefully. Enjoy the wide variety of seasonal fruits and vegetables now available but try to choose the lower potassium choices. Remember to watch your portion sizes.

Have a great summer!

Included in this guide

- ✓ Some quick tips to help you manage your thirst and sodium intake.
- ✓ Check out the label reading guidelines for potassium and sodium
- ✓ Try your hand at a sodium and fluid crossword puzzle
- ✓ Spice up your diet by trying a new "kidney friendly" recipe!

Recipes included are:

Beverages:

Old Fashioned Pink Lemonade
Sun Tea

Salads/Dressings/Marinade:

Balsamic Vinegar and Oil Dressing
Pronto Pasta Salad
Red and Green Coleslaw
Low Sodium Marinade

Seasonings:

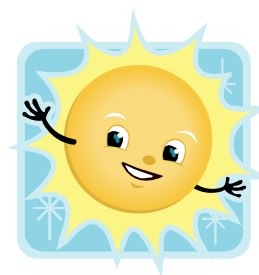
Salt Free Seasoning
Lemon Herb Seasoning

Desserts:

Luscious Lemon Angel Food Cake
Fresh Strawberry Pie

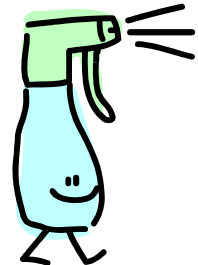
Main Courses:

Easy BBQ Salmon
Dilled Salmon Wraps
Zucchini Orzo
Tex Mex Grilled Chicken



Tips To Stay Cool And Manage Your Thirst

- ✓ **Fill Your Ice Cube Tray With Lemonade**
 - each cube is 30 ml (1 oz) of fluid
 - cubes can be crushed to get smaller pieces to suck on
- ✓ **Use A Spray Bottle To Mist Yourself**
 - keep a spray bottle handy for a quick cool down
- ✓ **Sip Your Beverages**
 - use smaller glasses and you will drink less
- ✓ **Drink Really Cold Beverages**
 - put $\frac{1}{2}$ cup of juice or water in a frozen mug
- ✓ **Freeze Your Favourite Low Potassium Fruit**
 - try sucking on frozen fruits such as blueberries, grapes, raspberries
- ✓ **Rinse Your Mouth With Ice Cold Water**
 - refresh your mouth by rinsing, but do not swallow
 - try brushing your teeth rather than having a beverage
- ✓ **Seek Shade, Wear A Hat**
 - wear loose fitting cotton clothes that breathe
 - keep your body cool by taking a dip in a pool or having a cold shower
- ✓ **Freeze Plastic Decorative Ice Cubes To Add To Drinks**
 - these cubes will cool your drink but won't melt and add extra fluid
- ✓ **Wear A Cold Bandana**
 - freeze a bandana or magic bag and place on your forehead for a quick cool down
- ✓ **Maintain Good Blood Sugar Levels**
 - if you have diabetes check your blood sugar levels, high levels can cause increased thirst
- ✓ **Choose Lower Sodium Foods**
 - salty foods will increase your thirst



Label Reading For Your Kidney Diet

Use this table as a quick guide to check the sodium and potassium when grocery shopping:

Food	% Daily Value	Milligrams (mg)
Frozen Entrees Sodium Potassium (if listed)	Under 25% Under 15%	Under 600 mg Under 360 mg
Soups Sodium Potassium (if listed)	Under 20% Under 10%	Under 480 mg Under 300 mg
Other foods Sodium Potassium (if listed)	Under 6 - 10 % Under 6 %	Under 150 - 250 mg Under 180 mg



Tips For Managing Your Sodium (Salt) Intake

✓ **Know Your Daily Sodium Limit, Discuss With Your Dietitian**

- your dietitian will discuss the amount of sodium that is right for you
- most people with kidney disease should limit their sodium intake to less than 2500 mg per day



✓ **Read Food Labels**

- check the amount of sodium for each serving and compare to see if that serving size is the same amount that you will be eating (see label reading guidelines included in this handout)
- other words that indicate sodium on the label are: salt, monosodium glutamate (MSG), baking powder, baking soda, disodium phosphate, sodium benzoate, sodium hydroxide, sodium nitrite, sodium propionate, soy sauce, brine

✓ **Limit The Amount Of Canned and Processed Foods You Eat**

- try to eat more fresh foods
- check for lower sodium options such as sodium reduced crackers or frozen rather than canned vegetables

✓ **Choose Low Sodium Beverages**

- avoid tomato, vegetable, clamato juices and sports drinks

✓ **Add Flavour By Using Fresh Herbs And Low Sodium Spices**

- try planting your own herb garden
- use low sodium seasoning blends such as Mrs. Dash™ or prepare your own seasoning mixtures (see recipes in this handout)

✓ **Choose Wisely When Eating in Restaurants**

- request your food be prepared without added salt
- request sauces and salad dressings on the side
- avoid soups, these are often very high in sodium
- eat less fast foods
- order less salty meats such as ham, sausage, bacon, hot dogs



✓ **Report Any Swelling or Changes In Your Weight**

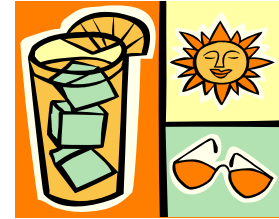
- salty foods make you thirsty
- swelling may be a sign that you are consuming too much salt and that fluid is building up in your body

RENAL RECIPES OF THE SEASON

Beverages

Old Fashioned Pink Lemonade

- 1 cup lemon juice
- 1 cup sugar
- 4 cups water (divided)
- 1 cup cranberry juice



- 1) Make a "simple syrup" by heating sugar and 1 cup of water in a small pan until the sugar is completely dissolved. Remove from heat.
- 2) Stir together the remaining water (3 cups), cranberry juice, lemon juice and simple syrup. Make adjustments to taste. Chill.

Yield: 8 servings (each serving is 6 ounces or $\frac{3}{4}$ cup)

This version of pink lemonade contains a splash of cranberry juice and is a perfect cooler for a hot summer day.

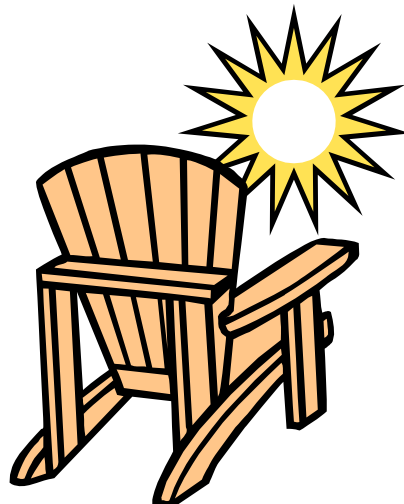
Sun Tea

- 2 to 3 tea bags
- 4 cups water
- Lemon wedges

- 1) Put tea bags into large glass container. Fill with 4 cups water and cap.
- 2) Place outside where the sunlight can strike the container for 3 to 5 hours.
- 3) When the tea has reached the desired strength, remove from the sun and remove tea bags. Refrigerate. Serve with lemon wedges. Sweeten to taste with sugar or Splenda™ sweetener.

Yield: approx. 5 servings (each serving is 6 ounces or $\frac{3}{4}$ cup)

This tea will taste mellower than tea prepared from iced tea mix. You can also use various herbal teas for a different flavour.



Salads and Salad Dressings

Pronto Pasta Salad

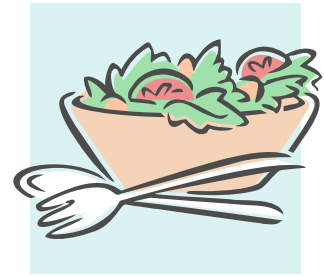
- 1 $\frac{1}{2}$ cups uncooked Rotini pasta (2 cups cooked pasta)
- 1 $\frac{1}{2}$ cups cooked chicken or turkey, cut in cubes
- 1 carrot, diced
- 1 medium zucchini, chopped
- 1 cup broccoli, chopped
- $\frac{1}{2}$ green pepper, chopped
- 1 green onion, chopped

Dressing:

- $\frac{1}{4}$ cup vegetable oil
- 2 Tbsp red wine vinegar
- 1 Tbsp Dijon mustard
- 1 tsp dried basil
- $\frac{1}{2}$ tsp black pepper

- 1) Prepare dressing, mix together all dressing ingredients and refrigerate.
- 2) Cook pasta according to package directions. Drain.
- 3) Combine pasta with vegetables. Toss with dressing.
- 4) Cover and chill for at least one hour before serving.

Yield: 6 servings



Easy Balsamic Vinegar and Oil Dressing

- 1 cup olive oil
- $\frac{3}{4}$ cup balsamic vinegar
- 1 clove fresh garlic, crushed
- $\frac{1}{8}$ tsp black pepper

- 1) Mix all ingredients together in a salad dressing container. Refrigerate.
- 2) Shake well before serving.

Yield: 1 $\frac{3}{4}$ cups



Red and Green Coleslaw

- 2 cups shredded green cabbage
- 1 cup shredded red cabbage
- $\frac{1}{4}$ cup chopped red onion
- $\frac{1}{2}$ cup mayonnaise or light mayonnaise
- Dash black pepper

- 1) In salad bowl combine vegetables, add mayonnaise and mix well.
- 2) Cover and refrigerate for at least 2 hours before serving.

Yield: 6 servings

Low Sodium Seasonings and Marinade

Marinade for Meat or Poultry

$\frac{1}{2}$ cup olive oil

$\frac{1}{4}$ cup wine or apple juice

$\frac{1}{4}$ cup red wine vinegar

3 garlic cloves (crushed)

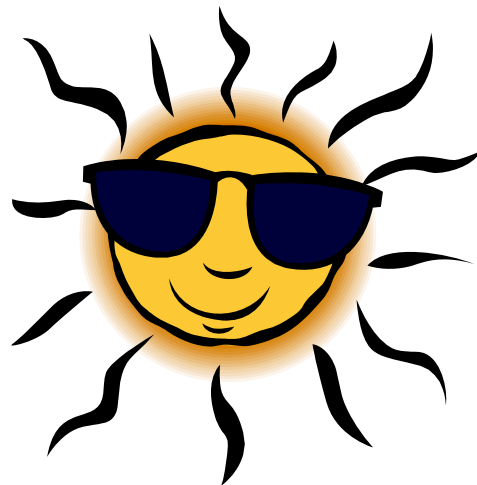
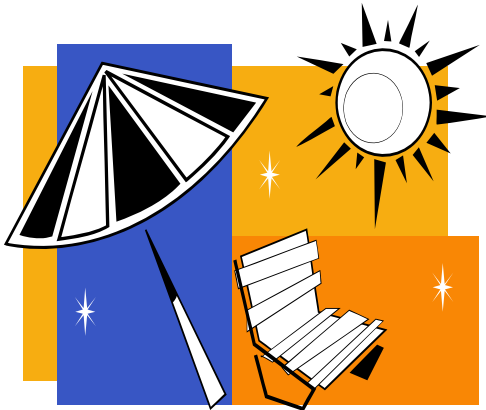
1 tsp oregano

1) Combine ingredients in a large ziplock bag.

2) Place meat or poultry in bag and turn to cover all sides.

3) Refrigerate for at least one hour. Discard marinade, then BBQ, bake or broil.

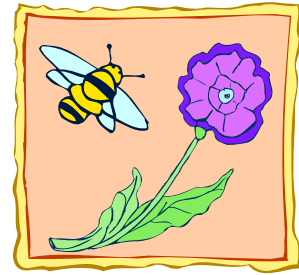
Yield: 1 cup marinade, for 1-2 pounds of meat or poultry



Salt Free Seasoning Blend

- 2 Tbsp dry mustard
- 2 Tbsp garlic powder
- 2 Tbsp onion powder
- 2 Tbsp paprika
- 1 Tbsp black pepper
- 2 tsp thyme
- 2 tsp basil

Blend well. Put into shaker and sprinkle on food in place of salt.



Lemon Herb Seasoning Blend

- 2 Tbsp basil
- 2 Tbsp oregano
- 1 Tbsp black pepper
- 2 tsp onion powder
- 1 tsp grated lemon peel

Blend well. Store in a sealed container. Great tasting on seafood and poultry.

Main Course Recipes

Easy BBQ Salmon

- $\frac{1}{4}$ cup Margarine, melted
- 1 T Dried mustard powder
- 2 T lemon juice
- $\frac{1}{4}$ tsp Mrs. Dash seasoning blend
- $\frac{1}{4}$ tsp black pepper
- 4 salmon fillets (3-4 ounces each)

- 1) Combine margarine, mustard powder, lemon juice and seasonings in a small bowl.
- 2) Place salmon on grill. Cook for 12-15 minutes until salmon is cooked.
- 3) Baste frequently with margarine mixture during cooking.

Yield: 4 servings



Dilled Salmon Wrap

- 2 Tbsp plain yogurt
- 1 small cucumber, peeled and shredded
- $\frac{1}{2}$ tsp dill
- $\frac{1}{2}$ tsp garlic powder
- 1 tsp lemon zest
- Dash pepper
- 2 salmon fillets, cooked and cut into bite size pieces
- 2 tortillas
- 2 lettuce leaves

- 1) Mix yogurt, cucumber, dill, garlic, lemon zest and pepper in a small bowl.
- 2) Add salmon to yogurt mixture and toss lightly.
- 3) Scoop salmon yogurt mixture into tortilla, all lettuce and wrap loosely.

Yield: 2 servings

This recipe works well with salmon leftovers.



Zucchini Orzo

- 1 small onion, chopped
 - 1 cup orzo (rice shaped pasta)
 - 1 Tsp olive oil
 - 2 cups low sodium chicken broth
 - 2 small zucchini, chopped
- 1) In a medium pot, sauté onions in olive oil for 1 minute.
 - 2) Add orzo and sauté lightly.
 - 3) Add chicken broth and reduce heat to simmer, stirring to prevent sticking.
 - 4) When broth is half absorbed add chopped zucchini.
 - 5) Stir and cook until broth is absorbed and orzo is cooked.
- This is a great side dish to serve with meat, fish or poultry.

Tex Mex Chicken

- 4 boneless skinless chicken breasts
 - 1 tsp dried oregano
 - 1 tsp chili powder
 - 1 tsp ground cumin
 - $\frac{1}{4}$ tsp cinnamon
 - Pinch cayenne pepper
- 1) In small bowl combine all spices.
 - 2) Sprinkle spice mixture over and pat into both sides of chicken breasts.
 - 3) Place on grill and cook for 10-15 minutes until cooked and juices are clear.
- Yield: 4 servings



Desserts

Fresh Strawberry Pie

4 cups fresh strawberries, hulled

1/3 cup cold water

1/4 cup sugar

4 tsp cornstarch

Graham Wafer Crust

1 1/4 cups graham wafer crumbs

1/4 cup sugar

1/4 cup margarine (melted)



- 1) For crust, mix crumbs, sugar and margarine together. Press into 9 inch pie pan. Chill until ready to fill.
 - 2) For filling, puree or mash 1 cup of strawberries.
 - 3) In a small pan combine pureed strawberries, water and sugar, blend well. Bring to a boil over medium heat, whisk in cornstarch mixture. Cook, stirring constantly for 1 minute or until slightly thickened. Remove from heat and allow to cool.
 - 4) Place remaining berries with pointed ends up in prepared pie shell. Spoon pureed strawberry mixture evenly over berries. Chill until glaze is set.
- Yield: 8 servings.

Luscious Lemon Angel Food Cake



1 angel food cake, prepare from mix or buy ready made

1 cup frozen pink lemonade concentrate, thawed

1/2 cup white sugar

1 envelope unflavoured gelatin powder

2 cups whipping cream

- 1) Prepare cake according to package directions or use ready made cake. Slice into 3 layers.
 - 2) In a small pan combine 1 cup of pink lemonade concentrate with sugar. Stir over medium heat until sugar is dissolved.
 - 3) Remove from heat and add unflavoured gelatin to lemonade mixture, stir well. Let stand until slightly thickened. Cool. Beat until frothy.
 - 4) Beat whipping cream until soft peaks form. Fold into lemonade mixture.
 - 5) Spread whipping cream lemonade mixture between layers and then ice entire cake. Refrigerate until serving.
 - 6) Serve with strawberries or other seasonal fruit if desired.
- Yield: 10 servings.