

Holiday Eating Tips for People with Kidney Disease

Whether you are hosting a holiday party, headed to a friend's or family member's house or attending the office work party, it's important to know what to eat and what foods to limit or avoid. The diet for kidney disease should be limited in sodium, potassium and phosphorus. The amount of protein you eat is determined by your level of kidney disease: people on dialysis can eat more protein, while those with earlier stages of kidney disease should have less.

Eat This, Not That

During the holiday season, or any time of year, it can be difficult to avoid your favorite foods. Use this guide to make better choices.

Appetizers

Choose:

- Bread sticks
- Unsalted crackers, pretzels or chips
- Carrot sticks
- Celery with dip
- Cocktail meatballs
- Cocktail shrimp
- Unsalted, boiled or deviled eggs

Rather than:

- Cheese
- Cheese-filled pastries
- Dried fruit
- Nuts

Entrees

Choose:

- Fish
- Turkey
- Lean pork
- Roast beef
- Lamb
- Roasted chicken

Rather than:

- Processed meats like bologna, hot dogs, sausage
- Smoked ham and turkey

Holiday Eating Tips for People with Kidney Disease

Side Items

Choose:

- White rice
- Noodles
- Leached (soaked and boiled) potatoes (1/2 cup)
- Homemade gravy (no added salt)
- Homemade stuffing (no added salt)
- Cornbread or dinner rolls
- White or rye bread
- Cornbread or dinner rolls
- Cranberry sauce

Rather than:

- Baked beans
- Macaroni and cheese
- Non-leached potatoes
- Canned or packaged gravy
- Stuffing/dressing from a package
- Creamy sauces

Vegetables

Choose:

- Broccoli
- Carrots
- Cabbage
- Cauliflower
- Corn
- Green beans
- Eggplant
- Yellow squash
- Zucchini

Rather than:

- Any fried vegetables like fried okra
- Any vegetables in a cheese or cream sauce
- Avocado
- Baked potato
- Tomato
- Peas

Desserts

Choose:

- Apple or cherry pie
- Peach cobbler
- Jell-O
- Pound cake
- Berries
- Other low potassium fruits
- Reduced-fat whipped cream

Rather than:

- Baked goods/cookies with nuts
- Chocolate cakes/cookies/pies
- Eggnog
- Pumpkin pie
- Sweet potato pie
- Hot chocolate from a packet
- Ice cream

Holiday Eating Tips for People with Kidney Disease

Other tips:

- Take phosphate binders with your meals and snacks
- Monitor portion sizes – moderation is the key to successful eating at holiday parties
- Keep track of your fluid intake as well – Jell-O and gravy count as fluid
- Speak with your dietitian if you have questions about particular food choices

(adapted from Davita.com)