Renal Friendly Thanksgiving Cooking
Happy Thanksgiving!

The holidays can be frustrating when you are required to follow a special diet for your health. This book was created to help ease that stress. Throughout the book you will find tips and recipes to help you enjoy your thanksgiving dinner, with a little less worry. For example:

- A quick guide of what to choose/avoid at the dinner table
- Easy tips to help you enjoy your meal while watching your potassium, phosphorus, salt and fluid intake
- A sample of a renal friendly traditional thanksgiving menu and recipes

If you have any questions, please ask your Registered Dietitian during your dialysis sessions or at 416-864-6060 x6113

Enjoy!
<table>
<thead>
<tr>
<th>CHOOSE</th>
<th>AVOID</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Appetizers</strong></td>
<td></td>
</tr>
<tr>
<td>• Cream cheese based dips</td>
<td>• Potato chips</td>
</tr>
<tr>
<td>• Corn chips</td>
<td>• Salsa and guacamole</td>
</tr>
<tr>
<td>• Pretzels</td>
<td>• Dips with processed cheese</td>
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<tr>
<td>• Potato chips</td>
<td>• Nuts</td>
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<tr>
<td>• Salsa and guacamole</td>
<td></td>
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<tr>
<td>• Dips with processed cheese</td>
<td></td>
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<tr>
<td>• Nuts</td>
<td></td>
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<tr>
<td><strong>Main Dishes</strong></td>
<td></td>
</tr>
<tr>
<td>• Fresh meats (turkey, chicken, pork)</td>
<td>• Meats seasoned with salt</td>
</tr>
<tr>
<td>• Skinless meat options</td>
<td>• Deli meats</td>
</tr>
<tr>
<td>• Seasonings with rosemary/thyme/oregano</td>
<td>• Baked Ham/Country Ham</td>
</tr>
<tr>
<td><strong>Sides</strong></td>
<td></td>
</tr>
<tr>
<td>• Double boiled potatoes/yams</td>
<td>• Roasted potatoes/yams</td>
</tr>
<tr>
<td>• Rice</td>
<td>• Wild/Brown Rice</td>
</tr>
<tr>
<td>• White buns/rolls</td>
<td>• Whole grain buns/rolls</td>
</tr>
<tr>
<td>• Green beans</td>
<td>• Beets</td>
</tr>
<tr>
<td>• Carrots</td>
<td>• Bok Choy</td>
</tr>
<tr>
<td>• Asparagus</td>
<td>• Acorn Squash</td>
</tr>
<tr>
<td>• Spaghetti Squash</td>
<td>• Zucchini (cooked)</td>
</tr>
<tr>
<td>• Corn</td>
<td>• Butternut Squash</td>
</tr>
<tr>
<td><strong>Desserts</strong></td>
<td></td>
</tr>
<tr>
<td>• Berries and apple based desserts</td>
<td>• Chocolate based desserts</td>
</tr>
<tr>
<td>• Vanilla</td>
<td>• Ice Cream</td>
</tr>
<tr>
<td>• Sherbet</td>
<td>• Danish/doughnuts/date squares</td>
</tr>
<tr>
<td>• Angel food cake</td>
<td>• Peanut butter cookies</td>
</tr>
<tr>
<td><strong>Drinks</strong></td>
<td></td>
</tr>
<tr>
<td>• Apple Cider</td>
<td>• Hot Chocolate</td>
</tr>
<tr>
<td>• Alcohol: gin, vodka, whiskey (as advised by doctor)</td>
<td>• Alcohol: beer (as advised by doctor)</td>
</tr>
</tbody>
</table>
Additional Tips to Remember:

- Look at the table and select 2-3 of your favourites but focus on the dishes that are closest to your diet.
- Apply the 25% rule. Serve yourself a 25% portion of the item in question. For example, instead of one piece of pumpkin pie, have $\frac{1}{4}$ piece. Fill in the gap with another dessert that’s more kidney-friendly.
- If the potatoes are not reduced-potassium, decide on either the mashed white potatoes or the sweet potatoes or yams, then limit to a small portion.
- Salted gravy on the table? Take only 1-2 tablespoons and see if it satisfies. You can always add more if needed.
- Remember your phosphate binders and make adjustments if recommended by your doctor or dietitian.
- Remove the cheese or nut topping—no need to eat extra phosphorus when what’s underneath is so good.
- Identify the foods high in sodium and leave these off your plate.
- When limiting fluids focus on the glass that is half full; sip slowly and savor your favorite holiday beverage. Hot or very cold drinks require you to slow down and sip so your liquid is not gone before you know it.
- The first and last sips are the best. Enjoy every drop but focus on these two the most.
- Ice, gelatin, gravy and anything that pours at room temperature are foods that count as fluid. Pick the ones you like the most and leave off or limit the others.
- Take a break. In-between the main meal and dessert is a great time to take a walk or play a game for extra exercise.
- Do a recipe makeover with family favorites to remove/reduce ingredients high in sodium, potassium or phosphorus.
- Be prepared to choose from the best choices first—turkey, roast beef or fresh pork with cranberry sauce instead of salted gravy.
- Rice or pasta dishes are lower in potassium than potato dishes.
- Choose low potassium vegetables without sauces— broccoli, turnips, carrots, cauliflower, peppers, cabbage, green beans, green peas, zucchini, squash, lettuce salad with cucumbers, celery, peppers onions and radish.
- Best desserts include fruit pies such as apple, berries or lemon meringue; a dollop of whipped topping is fine.

*Adapted from DaVita website “Positively Thanksgiving: Kidney Diet Tips to Keep You on Track”*
Sample Renal Friendly Thanksgiving Menu

Appetizer

Brown Sugar Apple Dip

Mains

Oven Roasted Turkey with Cranberry Sauce and Gravy

Garlic Mashed Potatoes

Savoury Green Beans

Glazed Carrots

Dessert

Pumpkin Layered Cheesecake

Hot Apple Cider

All recipes from DaVita website
Brown Sugar Apple Dip

Portions: 8

Serving size: 2 tablespoons

Ingredients

- 8 ounces cream cheese
- 3/4 cup brown sugar, unpacked
- 1/2 teaspoon vanilla extract

Preparation

1. Set cream cheese out for 20 minutes at room temperature to soften.
2. Using a hand-held mixer, mix together cream cheese, brown sugar and vanilla until completely blended.
3. Enjoy dip with sliced apples.
Oven Roasted Turkey

Portions: 8 plus leftovers

Serving size: 3 ounces (The size of your palm)

Ingredients

- 12 pound turkey, fresh or frozen
- 1 teaspoon poultry seasoning
- 4 sprigs fresh parsley
- 4 sprigs fresh sage
- 4 sprigs fresh rosemary
- 4 sprigs fresh thyme
- 1/2 cup unsalted butter
- 1 cup low-sodium turkey stock

Preparation

1. Check plastic wrap on turkey to determine cooking time.
2. Preheat oven to 425º F. Remove neck and giblet bag from cavity of turkey. Rinse turkey with cold water, then pat dry with clean paper towels.
3. Using several fingers, loosen skin from turkey breast and drumsticks. Rub poultry seasoning onto turkey flesh under skin. Place parsley, sage, rosemary, and thyme sprigs between turkey skin and flesh.
4. Place a meat thermometer in the fleshy part of the thigh, without touching the bone.
5. Coat turkey with melted butter (or oil) and place breast side up in a roasting pan on a rack. Cover loosely with aluminum foil. Cook 30 minutes then reduce heat to 325º F.
6. Begin basting the turkey every 15 to 20 minutes with the giblet stock and pan juices. During last 30 minutes remove foil from roasting pan. Cook for 3 to 4 hours until meat thermometer registers 165º F.
7. Let turkey rest 30 minutes before carving.
Low Sodium Turkey Gravy

Portions: 8

Serving size: 1/4 cup

Ingredients

- 4 tablespoons turkey fat from pan drippings
- 4 tablespoons all-purpose white flour
- 1 cup pan juices from turkey
- 2 cups giblet stock
- 1/2 teaspoon salt

Preparation

1. Heat fat from pan juices of cooked turkey in a medium saucepan.
2. Stir in flour, bring to a boil and whisk for one minute.
3. Gradually add pan juices, giblet stock and salt. Continue stirring until gravy boils. Reduce heat and simmer for 10 minutes to thicken.
Cranberry Sauce

Portions: 16

Serving size: 1/2 cup

Serving size: 2 tablespoons

Ingredients

- 1 cup granulated sugar
- 12 ounces fresh whole cranberries

Preparation

1. In a medium saucepan combine sugar and 1 cup water; bring to a boil.
2. Add cranberries to water and return to a boil. Reduce the heat to medium and boil for 10 minutes while stirring occasionally.
3. Pour cooked cranberries into a wire mesh strainer over a mixing bowl. Using the back of a spoon mash berries to force pulp into the bowl. Discard skins.
4. Stir sauce and pour into a serving bowl. Cool at room temperature, then chill in the refrigerator until ready to serve.
Garlic Double Boiled Mashed Potatoes

Portions: 4

Serving size: 1/2 cup

Ingredients

- 2 medium potatoes
- 2 garlic cloves
- 1/4 cup butter
- 1/4 cup 1% low fat milk

Preparation

1. Peel and slice the potatoes into small pieces. Double-boil to reduce potassium if you are on a low potassium diet. (See Tips)
2. Boil potatoes and garlic over medium heat until soft.
3. Drain off cooking water.
4. Whip potatoes and garlic with beater, slowly adding butter and milk until whipped smooth.

Tips – How to Double Boil

1. Wash and peel the vegetable.
2. Dice or thinly slice the vegetable.
3. Place the vegetable in room temperature water. Use two times the amount of water to the amount of vegetable. For example, use 4 cups of water to boil 2 cups of potatoes.
4. Bring the water to a boil.
5. Drain off the water and add fresh, room temperature water. Again, use two times the amount of water as the amount of vegetable.
6. Bring the water to a boil again and cook until the vegetable is soft and tender. Drain and discard the boiling water.
Savoury Green Beans

Portions: 6

Serving size: 1/2 cup

Ingredients

- 1 pound frozen French style green beans
- 1 tablespoon oil
- 1/2 cup onion
- 1 garlic clove
- 2 teaspoons dried dill weed
- 1 tablespoon lemon juice
- 1 teaspoon Worcestershire sauce
- 1/3 cup plain bread crumbs
- 2 tablespoons unsalted butter

Preparation

1. Preheat oven to 400° F.
2. Chop onion and mince garlic.
3. Cook green beans in microwave according to package directions.
4. In a medium skillet, heat oil and sauté onion with garlic, until onion is translucent.
5. Add dill weed, lemon juice and Worcestershire sauce and stir to mix.
6. Add green beans and toss. Place in a casserole dish.
7. Melt butter and mix with bread crumbs. Sprinkle over green bean mixture and bake for 5 to 10 minutes to brown.
Portions: 4

Serving size: 1/2 cup per serving

Ingredients

- 2 cups carrots
- 1 tablespoon sugar
- 1 teaspoon cornstarch
- 1/8 teaspoon salt
- 1/4 teaspoon ground ginger
- 1/4 cup apple juice
- 2 tablespoons margarine

Preparation

1. Slice carrots into 1" thick slices. Place carrots and 1/4 cup water in a pot. Cover and cook until slightly tender.
2. Mix together sugar, cornstarch, salt, ginger, apple juice and melted margarine. Pour mixture over carrots and water.
3. Cook, stirring occasionally, for 10 minutes or until mixture thickens.
Pumpkin Layer Cheesecake

Portions: 10

Serving size: 1/10 of 9" round pan

Ingredients

- 16 ounces cream cheese
- 3 tablespoons unsalted margarine
- 1-1/4 cups graham cracker crumbs
- 5 tablespoons granulated sugar
- 1/4 cup Splenda® No Calorie Sweetener, granulated
- 1/2 teaspoon vanilla extract
- 2 large eggs
- 1/2 cup canned pumpkin puree
- 3/4 teaspoon pumpkin pie spice

Preparation

1. Preheat oven to 350º F. Set cream cheese out to soften and melt margarine.
2. In a medium bowl combine graham cracker crumbs, 1 tablespoon sugar and melted margarine. Press into bottom or a 9" spring form pan and bake for 8 minutes. Set aside to cool.
3. In a large bowl, combine cream cheese, Splenda, remaining 4 tablespoons sugar and vanilla. With an electric mixer, beat on medium speed until smooth. Blend in eggs one at a time.
4. Set aside one cup of the cream cheese mixture and pour remaining mixture over pie crust in spring form pan.
5. Combine the cup of cream cheese mixture with pumpkin puree and pumpkin pie spice. Pour over top of the cream cheese filling in the spring form pan.
6. Bake for 30 minutes, or until center of pie is almost set.
7. Cool pie to room temperature. Cover and refrigerate until chilled.
Portions: 14

Serving size: 4 fluid ounces (1/2 cup)

Ingredients

- 8 cups unsweetened apple cider
- 3 cinnamon sticks
- 1/4 teaspoon whole cloves
- 1/4 teaspoon ground allspice

Preparation

1. Pour cider into a Crock-Pot® and add cinnamon, cloves and allspice.
2. Heat and let steep for one hour to blend the flavors.
# Nutrition Information for Recipes

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<tr>
<th>Recipe</th>
<th>Calories</th>
<th>Protein</th>
<th>Carbohydrates</th>
<th>Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Potassium</th>
<th>Phosphorus</th>
<th>Calcium</th>
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<td>14 g</td>
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