

Spring

The Kidney Korner[®]

for people on dialysis from the makers of *Nepro*[®] with Carb Steady[®]

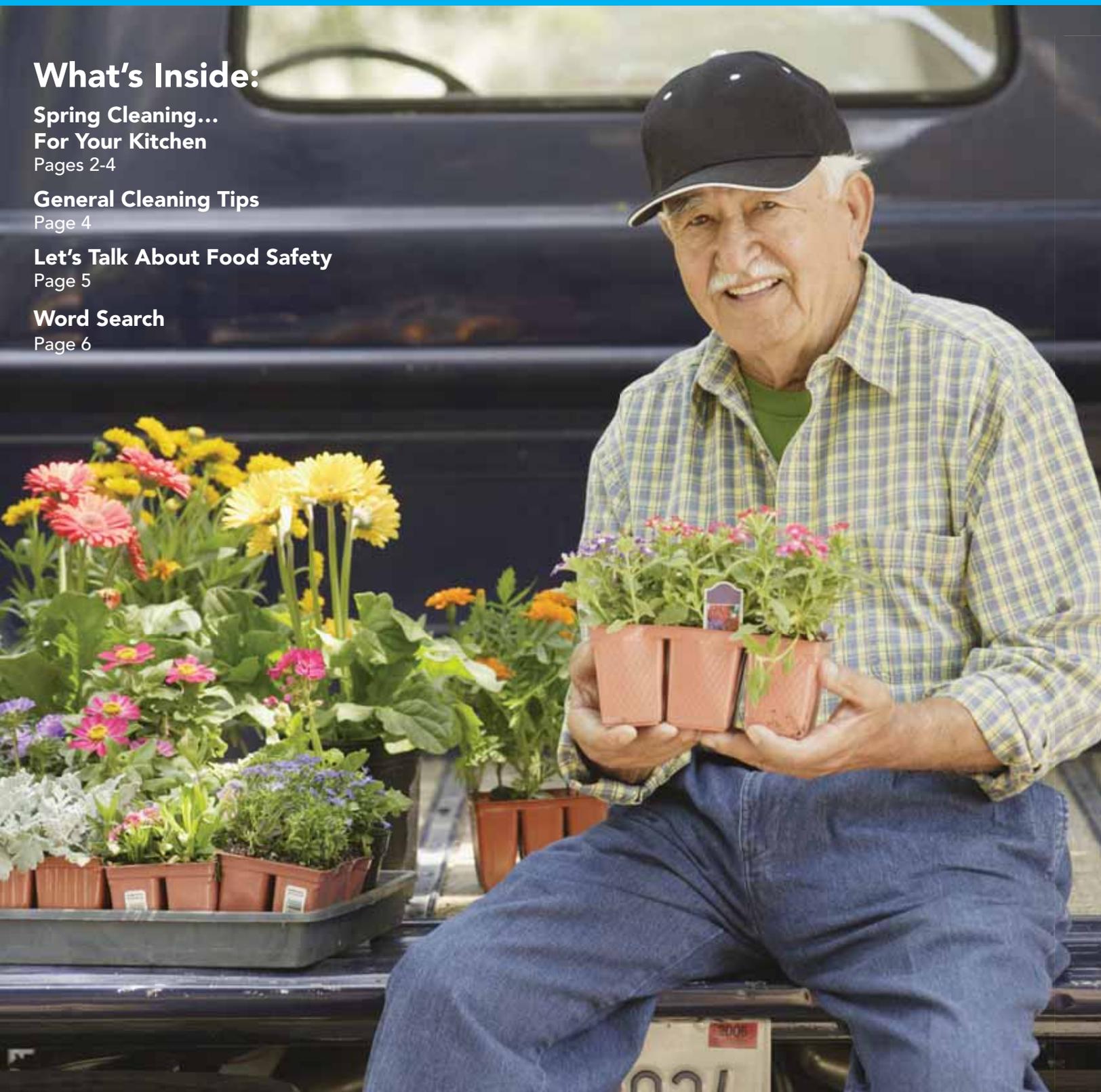
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Spring Cleaning...

For Your Kitchen

Spring time is often considered a time for change, a time for renewal, a time to get outside and shed those winter clothes. It is also a time for... **spring cleaning**. Whether we love it or dread it, spring cleaning is a part of the warmer weather.

This year when you "spring clean" your house, why not spring clean your kitchen as well? What better time to clean out the cabinets, pantry, and refrigerator and stock your kitchen with healthy and fresh new ingredients? It is also a great time to make sure it is filled with foods that fit well into your CKD eating plan, as well as making sure your kitchen is clean and safe for you and your family.

Let's take a look at some key areas in your kitchen to see how we can put some spring in their step –

Kitchen Sink

It is actually recommended to clean your kitchen sink drain and disposal once or twice a week. Food particles can get trapped in the drain and disposal creating the perfect environment for bacteria to grow. If you haven't cleaned your sink in awhile, now is the perfect time to start. You can easily clean your sink by adding a solution of 1 teaspoon of chlorine bleach to 1 quart of water. Pour down the drain. This will help to clean out any leftover food and disinfect the area.



Refrigerator

The idea of cleaning out the refrigerator can seem overwhelming, especially if it is full of your favorite foods. But cleaning it out can actually be a great way to make better use of the space and have more room for the food you love.

Start by removing all the food from your refrigerator. It is best to do this on a day before you go grocery shopping so your fridge isn't as full as usual. While you remove the food, be sure to check all expiration dates and throw out anything that is past due. Place all the remaining perishable foods in a cooler while you clean.

Next, scrub the inside with warm soapy water, making sure to clean all shelves, trays and drawers. Rinse the areas with clean water, then dry with paper towels or a clean cloth.

Before you load the food back in, place a box of baking soda in the back of the fridge to help keep foods fresh and to eliminate odors between cleanings. Also, be sure to check the thermostat and make sure it is set at 40° F or below.



This is also a great time to make sure that all the foods in your fridge fit into your CKD meal plan. Follow the fridge food ideas below:

Stock up on:

- Good protein sources like lean beef, poultry, fish and eggs
- Low potassium vegetables such as carrots, green beans, mushrooms, cabbage, and onions
- Low potassium fruits – apples, blueberries, raspberries, strawberries, grapes, and watermelon.
- Beverages like water, lemon-lime soda, and fruit juices (apple juice, cranberry juice cocktail, and grape juice)
- Lemons and limes to cut up to help add flavor to beverages

Limit:

- High sodium foods such as bacon, breakfast sausage, hot dogs, and bologna
- High potassium fruits and vegetables like bananas, oranges, tomatoes and potatoes
- High phosphorus foods like cottage cheese, milk, yogurt, organ meats, and tofu
- High phosphorus beverages like dark colas and beer

Freezer

Many of us probably don't clean out the freezer often enough. There always seems to be some lost ice cream in the back, isn't there? Well, cleaning your freezer is just as simple as cleaning your fridge.

First, start by taking out all the food and tossing any items past the expiration date. Place all the remaining food in a cooler. Use warm, soapy water to wipe down all the surfaces inside the freezer. Dry off all the surfaces with a clean towel. Check the thermostat and make sure your freezer is set at 0° F or below. As you put back all your foods, try to do so in

an orderly fashion to help better organize your freezer space.

This is also a good time to pitch items from your freezer than don't fit within your meal plan for CKD. Try the tips below when buying and storing frozen foods.

Stock up on:

- Bags of plain frozen vegetables like corn, cauliflower, and carrots.
- Frozen treats like sherbert, sorbet, and popsicles.
- Try placing fruit in the freezer for a nice chilled treat – try canned peaches, pears or applesauce, grapes, strawberries, and blueberries.



Limit:

- Regular frozen dinners that tend to be high in sodium.
- Frozen French fries which are high in potassium
- Regular ice cream which is high in phosphorus

Pantry

Your cabinets and pantry could also use a good cleaning. Start by removing all food items, checking the expiration dates, and throwing out anything past the date. Wipe down the shelves with a clean damp cloth. Once everything is clean, replace the food items in their designated places making sure that your cabinets are well organized.

Our pantry is where lots of foods that don't fit so well into our CKD meal plans can hide. So try these tips in your pantry.



Stock up on:

- Low potassium fruits like apple-sauce, fruit cocktail (in light syrup), and canned peaches and pears
- Items that can help you add calories to your diet, if needed, like hard candies, fruit chews, jelly beans, marshmallows, honey, and syrup.
- Low sodium items like plain rice, plain noodles, low sodium soups, graham crackers, vanilla wafers, unsalted pretzels and unsalted popcorn
- Try other seasonings instead of salt, like cinnamon, dill, garlic, ginger, oregano, parsley, and rosemary

Limit:

- Items high in sodium, like packaged rice with sauce, canned soup, tomato sauce, and salty snack foods
- Items high in phosphorus like dried beans and peas, nuts, nut butters, granola, and whole-wheat and bran cereals.
- Limit high potassium foods like dried fruits, raisins, and tomato sauce

General Cleaning Tips:

Here are some additional general cleaning tips to help get you started and help keep your kitchen clean and tidy all year round:

- Have a home for everything in your kitchen.
- Identify trouble spots in your kitchen that collect clutter and try to clean up the clutter every night.
- At the end of each day, clean out your sink and put all the dishes away.

- Use paper towels or wet wipes to clean countertops instead of sponges, which can just spread more germs around the kitchen.
- Always clean surfaces thoroughly with warm soapy water
- Make it a habit to wipe up spills immediately, especially from raw meat juices.
- **When in doubt, throw it out!**

If you are planning on doing home cleaning this spring, add a kitchen spring cleaning to your list. Cleaning out your kitchen can greatly improve the appearance, health, and safety of this important place in your home!

As always, work with your dietitian to determine the foods and meal plan that works best for you, and refer to your dietitian's advice regarding your overall food intake.



Let's Talk About Food Safety

According to the Centers for Disease Control and Prevention, foodborne illness affects approximately 76 million people each year in the US. Foodborne illness occurs from contaminated foods that carry microbes into the body. Some of these microbes can overcome the body's defenses and make people sick. People with CKD are especially vulnerable, along with older adults and individuals with compromised immune function.

There are many steps you can take to make your kitchen and the food you eat safer, including¹:

- Wash your hands before and after all food preparation.
 - Use warm, soapy water and wash hands for at least 20 seconds (or through two choruses of "Happy Birthday").
 - Rinse hands thoroughly and dry with a paper towel or clean cloth.
- Keep kitchen surfaces clean and safe.
 - Clean kitchen surfaces, appliances, and tools with hot, soapy water.
 - Wash dishcloths and towels often and do not use them for multiple jobs.
 - Replace sponges frequently or use paper towels or disposable wet cloths.

Did you know that there are more than 250 identified types of foodborne illness?

- Prevent cross-contamination
 - Keep raw meat and ready-to-eat foods separate to avoid cross-contamination.
 - Store raw meat on the bottom shelf of the refrigerator.
 - Wash all produce, even pre-packaged/pre-washed items and store in clean containers.
 - Use one utensil to taste and another to cook food.

- Use clean scissors to open food bags.
- Use cutting boards safely.
 - Use 2 different cutting boards – one designated for raw meat and one for ready-to-eat foods.
 - Wash cutting boards thoroughly in hot, soapy water or wash in the dishwasher between uses.
 - Throw out cutting boards with cracks, crevices, and scars.
- Cook to proper temperatures
 - Harmful bacteria are destroyed when food is cooked to proper temperatures.
 - The only reliable way to determine doneness of meat is with a thermometer.
 - Follow the safe cooking temperatures below:

Ground Beef, Lamb and Veal.....	160° F
Beef, Lamb and Veal Roasts and Steaks	
Medium-rare.....	145° F
Medium.....	160° F
Well-done.....	170° F
Ground chicken/turkey.....	165° F
Whole chicken/turkey.....	180° F
Boneless turkey roasts, poultry	
breasts, white meat roasts.....	170° F
Poultry thighs, wings, and drumsticks.....	180° F
Duck/goose.....	180° F
Stuffing (alone or in-bird).....	165° F
Pork –all cuts and ground	
Medium.....	160° F
Well-done.....	170° F
Fresh ham.....	160° F
Fully cooked ham, reheated.....	140° F
Eggs and egg dishes.....	160° F
Leftovers, reheated.....	165° F

- Keep foods at the right temperature
 - Keep your food out of the "danger zone" – the unsafe temperatures between 40° F and 140° F.
 - Refrigerate food within 2 hours (1 hour in hot weather [90° F and above])
 - Don't thaw foods on the kitchen countertop or marinate meats at room temperature

Effective handwashing may eliminate half of all cases of foodborne illness.

- Follow recommended storage times for leftovers
 - Write the date on leftovers so you can keep track of when the item should be used or thrown out.
 - Follow these recommended storage times for leftovers:

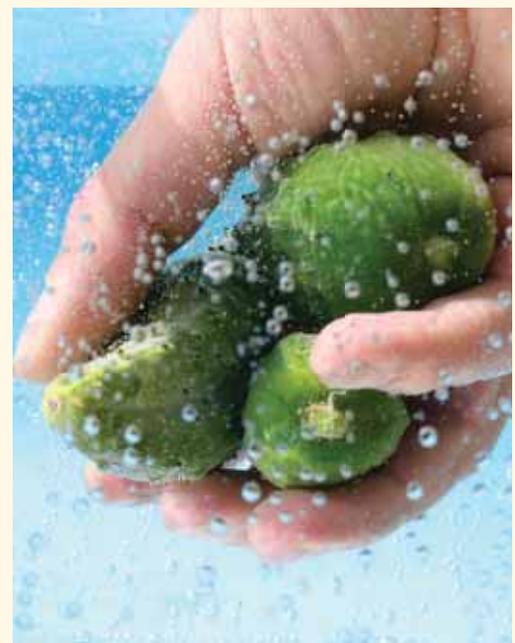
Cooked beef, poultry or pork.....	3-4 days
Casserole.....	3-4 days
Fresh salad greens.....	1-2 days
Cooked vegetables.....	3-4 days
Hard-boiled egg.....	7 days

Summary

Follow these simple guidelines every day at every meal:

- Wash hands often
- Keep raw meat and ready-to-eat foods separate
- Cook food to proper temperatures
- Refrigerate food promptly
- **When in doubt, throw it out!**

1. American Dietetic Association. *Home Food Safety... It's in Your Hands.*



Renal nutrition for real life



Between your activities, family and dialysis, sometimes eating right gets lost in the shuffle. But proper nutrition is especially important when you're on dialysis. That's why there's Nepro® with Carb Steady®.

Unlike general nutritional products, Nepro with Carb Steady is designed specially for renal diets. High in protein and calories, yet low in potassium, phosphorus and sodium. Ask your health care professional if Nepro with Carb Steady is right for you.

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WORD SEARCH

SPRING	MUSHROOMS	MARSHMALLOWS	LEFTOVERS
KITCHEN	BLUEBERRIES	CINNAMON	SODIUM
PROTEIN	LEMONS	GINGER	FREEZER
CARROTS	POPSICLES	SOAPY WATER	FISH

S R K I T C H E N S O
W S E L C I S P O P S
O R M E H O N A M R O
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L V O O O Y I S N T I
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S E I R R E B E U L B
R L P O M I M A B M P
A S O T F R E E Z E R
M G F S R E G N I G M



Naturally and artificially flavored.
Use under medical supervision.

The "No" Banana Split Smoothie

Servings: 2 **Serving size: 1 cup**

Ingredients:

1 cup (8 ounces) chilled Mixed Berry Nepro with Carb Steady
½ teaspoon banana extract
⅓ cup frozen strawberries, (no sugar added)
¼ cup chopped fresh peeled pineapple
2 tablespoons sugar-free strawberry syrup
2 tablespoons sugar substitute, such as Splenda



Directions

1. Combine all ingredients in the jar of a blender. Blend on high until smooth.
2. Serve immediately.

Splenda is a registered trademark of a company other than Abbott Laboratories

Per Serving:

Calories	240
Calories from Fat	100
Total Fat	11 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	150 mg
Total Carbohydrate	30 g
Dietary Fiber	3 g
Sugars	6 g
Protein	10 g
Vitamin A	400 IU
Vitamin C	30 mg
Calcium	130 mg
Iron	2.5 mg
Phosphorus	90 mg
Potassium	185 mg

Exchanges:	1 starch
	1 fruit
	1 medium-fat meat
	1 fat

Carb Choices: 2

Blueberry Buckle

Servings: 12 **Serving size: 1/12 baking pan**

Ingredients:

3 tablespoons vegetable oil
1 large egg
1 cup (8 ounces) Homemade Vanilla Nepro with Carb Steady
½ cup non dairy fat-free half and half
2 teaspoons pure vanilla extract
2 cups all-purpose flour
2 teaspoons baking powder
½ cup sugar substitute, such as Splenda
2 ½ cups fresh blueberries, rinsed
¼ cup all-purpose flour
2 tablespoons sugar substitute for baking, such as Splenda
Zest of 1 lemon
2 tablespoons chilled light butter, cut into small pieces



Directions

1. Preheat the oven to 350 degrees F. Mist a 9-inch square baking pan with nonstick cooking spray.
2. In a mixing bowl, whisk together the oil, egg, Nepro with Carb Steady, non-dairy half and half and vanilla extract.
3. In a large mixing bowl, combine 2 cups flour, baking powder and ½ cup sugar substitute; add the blueberries and toss them into the dry mixture.
4. Add the liquid ingredients and gently fold the mixture just to combine.
5. Spoon the batter into the prepared pan.
6. In a small bowl, combine ¼ cup flour, 2 Tbsp sugar substitute, lemon zest and butter to make the crumble topping.
7. Spoon crumble mixture over the top of the cake and bake for 20 to 25 minutes or until a toothpick inserted into the center of the cake comes out clean.

Note: If using a glass baking pan reduce the heat to 325 degrees F.

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Per Serving:

Calories	190
Calories from Fat	60
Total Fat	7 g
Saturated Fat	1.5 g
Trans Fat	0 g
Cholesterol	20 mg
Sodium	140 mg
Total Carbohydrate	30 g
Dietary Fiber	2 g
Sugars	4 g
Protein	5 g
Vitamin A	200 IU
Vitamin C	5 mg
Calcium	60 mg
Iron	1.6 mg
Phosphorus	65 mg
Potassium	95 mg

Exchanges:	2 starch
	1 medium-fat meat

Carb Choices: 2