

Patient Tips for Healthy Living



Network 8, Inc. 877-936-9260

10th Edition

A Healthy You!



One of the best ways to stay healthy is to stay active. It's not just physical health but being healthy also involves your emotional and spiritual health. Want to know how you can have a full life on dialysis? It starts with having a positive attitude and learning all you can about kidney disease. Being on dialysis is now a new job for you and you have to learn as much as you can to make the best decisions for your health.

A part of staying healthy is still doing the things you loved to do before starting dialysis. Be creative, if you enjoyed cooking talk with your dietitian about some of your favorite recipes and how they can be changed to fit into your new diet. Work in your garden, fish, hunt, or shop. Talk with your doctor about the things you did before starting dialysis and if you can continue to do the activities that make you happy!

On the Go?

- Plan your meals or where you will eat ahead of time – this will help you with making good food choices
- Place your medications in a pill organizer that will “pop out” so you can take it with you. Take extra in case of an emergency
- Make sure someone knows where you are and where you will be staying
- If traveling, make arrangements with your dialysis clinic ahead of time (the more time, the better) to schedule a transient visit to another clinic



If you are working, volunteering or busy with hobbies, try these easy and quick foods to help give you energy and save time.

- Cook a little extra and pack a lunch using leftovers
- Keep tuna or chicken salad in the refrigerator so you can make a quick sandwich
- Fruit is always easy to pack – canned fruit: peaches, fruit cocktail, pears or fresh fruit like grapes or apples



Dialysis Friendly Recipes

Tuna Salad Bagel

www.davita.com

Ingredients:

- 1/2 cup low salt canned tuna (packed in water)
- 1 medium 2-ounce bagel (or 2 slices of white bread)
- 1 tablespoon onion, finely chopped
- 1 tablespoon celery, finely chopped
- 1 tablespoon reduce calorie mayonnaise
- 1 lettuce leaf

Directions:

1. Break tuna into fine pieces.
2. Combine Tuna, celery, onion and mayonnaise.
3. Mix well.
4. Spread mixture on bagel with lettuce leaf.

Nutrients per serving: Calories 330; Protein 35 g; Carbohydrates 32 g; Fat 7 g; Cholesterol 48 mg; Sodium 528 mg; Potassium 310 mg; Phosphorus 215 mg; Calcium 9 mg; Fiber 2.5 g.

Buffalo Wings

www.davita.com

Ingredients:

- 8 tablespoons unsalted butter or margarine
- 24 chicken wing drumettes
- 1/3 cup Tabasco® hot pepper sauce

Directions:

1. Preheat oven to 400° F.
2. Melt butter or margarine in a saucepan.
3. Add hot sauce and remove from heat.
4. Place chicken wings in a baking dish.
5. Pour sauce over wings and bake for 30 to 35 minutes. Check for doneness.
6. Serve hot or place in a covered warming dish or crock pot, until ready to serve.

Nutrients per serving: Calories 179; Protein 11 g; Carbohydrates 0 g; Fat 15 g; Cholesterol 34mg; Sodium 72 mg; Potassium 88 mg; Phosphorus 68 mg; Calcium 6 mg; Fiber 0 g

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