

Patient Tips for Healthy Living



Network 8, Inc. 877-936-9260

7th Edition

Dialysis Shopping Tips

Everyone is trying to learn new ways to save money and get the best food for the best prices. Buying dialysis friendly foods is no different, you still want to buy items that will also fit into your monthly budget. It can be hard at times to get food that is good for your health and good for your wallet. This handout will provide some suggestions to help you make the right choices when planning your meals. Some patients have special food needs so talk with your dietitian to learn the exact foods you should be eating.

Lower Cost Protein Choices

- Canned tuna
- Canned salmon
- Eggs
- Dark meat chicken (thighs and leg quarters)
- Chuck roast
- Meat loaf



Tips for Saving Money on Groceries

- Check the weekly sales for good deals on meat.
- When you are in the store look for items reduced for quick sale. Be sure to check the expiration dates on these items.
- Buy store brands instead of name brands whenever they are available.
- Fresh foods are different in cost: buy vegetables in season, buy frozen vegetables or canned vegetables that are rinsed to make them lower in sodium.
- Don't waste money on junk foods that don't have many nutrients such as chips, cookies, candy and flavored drinks.
- Prepared foods such as frozen dinners and frozen



- entrees tend to be overpriced and high in sodium and phosphorus; so stay away from these. Healthy Choice® frozen meals are okay, but look for them when they are on sale.
- Prepared foods from the deli cost more.
- Compare products. Eye level products may cost more than those on the upper or lower shelves.
- It is very important to go to the store with a list and stick to it- no impulse shopping. And NEVER shop hungry you will buy more.
- Mix meat with rice, noodles, or stir-fry veggies for cheaper main dishes.
- Use cheaper cuts of meat and cook them with slow heat such as in a crock pot.



Dialysis Friendly Recipes

Slow Cooker Whole Chicken



image compliments of foodwhine.com

www.davita.com

Serving size: 3 ounces cooked chicken

Ingredients

- 4-pound whole chicken
- 1 teaspoon black pepper
- 1/2 medium onion, quartered
- 1 rib celery, cut into 3 pieces

Preparation

1. Remove giblets from cavity and wash chicken; trim extra skin and visible fat.
2. Sprinkle part of the pepper inside the cavity. Place onion and celery pieces inside cavity. Sprinkle remaining pepper over chicken.
3. Place whole chicken in slow cooker, breast side down. Cook on high setting for 4 hours, until thigh and leg easily pull away and meat easily comes off the bones.
4. Remove skin and discard.
5. If desired, use stock from cooked chicken to make soup or freeze for later use in recipes. Use left over chicken in soups, casseroles, or salads.

Nutrients per serving: Calories: 159; Protein: 23 g; Carbohydrates: 1 g; Fat: 7 g; Cholesterol: 71 mg; Sodium: 64 mg; Potassium: 180 mg; Phosphorus: 132 mg; Calcium: 17 mg; Fiber: 0.2 g.

Chess Pie



image compliments of myrecipes.com

Southern Comforts of Mississippi-
Helen DeMoss

Ingredients

- 1 nine inch crust, unbaked (cheaper to make your own using a recipe)
- 1 teaspoon corn meal
- 1 teaspoon vanilla

- ½ cup butter
- 3 eggs
- 1 teaspoon vinegar
- 1 ½ cup sugar

Preparation

1. Mix all ingredients well and pour into unbaked pie shell.
2. Bake at 350° for 35 minutes.

Nutrients per serving: Calories; 383; Protein: 4 g; Sodium 322 mg; Potassium: 43 mg; Phosphorus 56 mg.

Network 8 would like to thank the following dietitians for their contribution and review of this publication:

Carol Embrey, Kathy Reynolds, and Rita Solomon-Dimmitt.

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