

**By Cathy Harrison, CRD Dietician**

Happy Juneteenth!

Over the next few months we will recognize and try to incorporate various renal friendly cultural recipes. Last month we celebrated Cinco de Mayo and you received renal friendly Mexican recipes. This month we will be celebrating Juneteenth, the oldest nationally celebrated commemoration of the ending of slavery in the US. On June 19, 1865 Major General Gordon Granger landed in Galveston, TX with news that the war had ended and that the enslaved were now free.

Certain foods became popular and subsequently synonymous with Juneteenth celebrations. So this month the recipes will reflect these types of foods.

Always remember to follow a low sodium diet. With the hot summer months here, it is even more important to limit high sodium foods so that your thirst will not increase. The following recipes may contain high potassium or high phosphorus ingredients but in a very limited amount, these are okay. Please note the smaller servings sizes and eat in moderation. If you have recipes that you would like to share from your culture, I would appreciate it and I am sure the other patients would appreciate it too.

### **Oxtail Soup**

2 lbs oxtails, cut in pieces  
2 medium onions, diced  
½ tbsp. oil  
3 tbsp. chopped parsley  
2 stalks celery, diced  
½ cup carrot, diced  
½ cup green pepper, diced  
½ cup lima beans  
½ green peas  
½ cup of potatoes, or 3 tbsp. barley  
½ cup of okra sliced and sautéed in butter  
1 qts. Water  
¼ tsp. salt  
6 peppercorns  
2 cloves garlic  
1 can tomatoes, drained  
1 small bay leaf  
¼ tsp. each thyme, marjoram  
Flour  
Butter

½ cup dry sherry or red wine

Brown oxtails and onion in drippings. In large kettle place oxtails and onions, add water, peppercorns, garlic and parsley; simmer gently 4 hours. Remove meat and bones and set aside. Strain and skim stock if desired. Add vegetables, except okra, and seasonings. Cook gently 15 minutes; add okra, simmer 10 minutes more. Before serving, stir in wine.

Yield: 6-8 servings

Nutritive content per serving:

Calories	100
Protein	7.2 gm
Sodium	133 mg
Potassium	108 mg
Calcium	23 mg
Phosphorus	67mg

### Turnip Green Casserole

Virginia Alford, R.D.

2 (10-oz.) pkgs. Frozen or 2 bunches fresh turnip greens  
2 T. flour  
¼ c. chopped onions  
2 T. chopped bell pepper  
dash ground red pepper  
1 c. bread crumbs  
1 ½ c. unsalted chicken broth  
2 T. unsalted margarine  
1 c. milk  
¼ c. chopped celery  
1/8 tsp garlic powder  
2 eggs  
2 T. unsalted margarine

Cook greens, frozen or fresh, in chicken broth until tender. It is not necessary to add salt. Drain (juice may be used in soups, stews or gravies by people who are not on dialysis). Melt 2 T. unsalted margarine in heavy skillet. Add flour and stir. Slowly add milk, stirring all the while. Add chopped onion, celery, bell pepper and seasonings. Beat eggs, fold cooked, drained greens and white sauce mixture into beaten eggs. Pour into greased 1 quart casserole dish. Sprinkle top with 1 c. bread crumbs (Cornbread crumbs make an excellent topping). Dot with 2 T. unsalted margarine. Place in 350 preheated oven and bake for 45 minutes.

**Replace Note:** Yield: 8 servings; Serving size: ½ cup; Calories 142; Protein 6 gm; Sodium 76 mg; Potassium 293 mg; Phosphorus 32 mg; Exchange: 1 Vegetable

### **Fried Chicken and Gravy**

Flossie Harper

1 chicken, cut into pieces  
½ tsp. black pepper  
½ c. plain flour  
1 c. corn oil

### **Gravy**

1 T. Flour  
2 tsp. vegetable oil  
¼ tsp. pepper  
1 to 1 ½ c. water

Brown flour in hot oil. Add pepper. Add water and stir until thick.

Roll chicken parts in flour mixture and fry in 1 cup hot corn oil in a skillet. Chicken will turn golden brown when done. Drain on paper towel and serve with chicken gravy.

**Recipe Note:** Yield: 6 servings; Serving size: 2 oz. cooked chicken; Calories 490; Protein 15 gm; Sodium 92 mg; Potassium 234 mg; Phosphorus 143mg; Exchanges 2 Meats + 2 Fats

## **Soul Food & Wild Game**

### **Barbecued Brisket**

**Southwest Cookbook for  
People on Dialysis**

**5 to 8 pounds trimmed beef brisket**  
**1 1/2 cups water**  
**2 or 3 bay leaves**  
**your favorite barbecue sauce**

Preheat oven to 275 degrees. Place brisket in a large, shallow pan. Pour water and bay leaves over brisket. Cover pan with foil and seal the edges. Cook at least 40 minutes per pound. Check after about 2 hours and add water as needed. When done, cut brisket and sauté in your favorite barbecue sauce on the stove for 10 to 15 minutes. [ This delicious brisket can be used to make beef flautas. It is also ideal for making burritos or a great barbecue brisket sandwich.

**Recipe Note:** Yield: 15 to 30 servings; Serving size: 1/15 to 1/30 of brisket; Calories 443; Protein 27 gm; Sodium 70 mg; Potassium 260 mg; Phosphorus 208 mg; Exchanges 4 Meats + 1 Starch.

### **Soul Food B-B-Q Sauce**

½ c. no-salt tomato paste  
2 ½ c. water  
¼ c. brown sugar  
1 T. white sugar; Sodium 9 mg;  
1 T. chopped parsley  
¼ c. chopped onion  
1-4 dashes of Tabasco sauce  
¼ c. melted salt – free butter or margarine  
juice of 1 lemon  
2 T. vinegar  
2 T. chili powder  
1/8 tsp. pepper  
1 tsp paprika  
1 tsp. dry mustard  
1 clove garlic, minced

Combine all ingredients and simmer for 20 minutes. Store in covered jar in refrigerator.

**Recipe Note:** Yield: 24 servings; Serving size: 2 tablespoons; Calories 38; Protein .4gm; Sodium 9 mg; Potassium 78mg; Phosphorus 10mg; Exchange: Free

### **Broiled Venison Tenderloin**

**Mrs. Kathryn Breland**

2 whole venison tenderloins, about 1 ½ pounds each  
1 tsp garlic powder  
½ tsp. black pepper  
2 T. lite soy sauce  
1 T. catsup  
1 T. vegetable oil  
¼ tsp. oregano, crushed

Mix all ingredients except tenderloins in large shallow container. Add meat, cover and marinate 4 hours in refrigerator. Remove tenderloins from marinade. Briefly sear both sides of tenderloin over hot coals or under broiler element. Continue broiling until desired doneness is obtained. Remove from heat, slice thinly and serve while hot. Serves 4 to 6.

### **Catfish Parmesan**

**Draughn McPherson, R.D**

2 lg. (or 4 sm.) catfish fillets, cut in half  
¼ c. Parmesan cheese  
1 egg  
¼ c. bread crumbs (made from grated, toasted white bread)  
2 T. milk  
2 tsp. italian seasoning

2 T. unsalted margarine

Dip fillets in egg and milk mixture. Dredge thoroughly with a mixture of bread crumbs, Italian seasoning and Parmesan cheese, until both sides are well covered with breading. Dot with about 2 T. margarine. Bake at 350 for 3 minutes.

### **Fried Okra**

**Nancy Teal, R.D.**

1 lb fresh or frozen sliced okra  
vegetable oil  
plain cornmeal

Roll in plain cornmeal. Sauté' in small amount of oil for 2 -6 minutes. Serve hot.

**Recipe Note:** Yield: 4 servings; Serving size: ¼ of recipe; Calories 136; Protein 3 gm; sodium 2 mg; Potassium 257 mg; Phosphorus 51 mg; Exchanges 1 Vegetable + 1 Fat.

### **Fried Squash**

**Favorite Recipes of Home  
Economists, Home Economics Association**

2 med. Yellow squash  
1 egg  
¼ tsp. pepper  
Cooking oil  
2 T milk  
1 c. corn meal  
¼ tsp. garlic powder

Cut squash into 1 inch rounds and place on paper towel. Add milk to egg and blend. Mix corn meal, garlic and pepper. Heat 2 inches of cooking oil in skillet. Dip squash in egg mixture, hot oil in corn meal mixture and fry in hot oil until brown. Serve hot.

**Recipe Note:** Yield: 4 cups; serving size: ½ cups; Calories 24; Protein 1 gm; Potassium 69 mg; Sodium 6 mg; Phosphorus 24 mg; Exchanges: 1 Vegetable + 1 Fat

### **Na ~ is for Sodium**

Sodium is the third electrolyte involved in heart functioning and fluid status. Do you remember eating potato chips or something salty and the next morning your shoes/rings are tight? There is a saying in medicine that is "where ever sodium goes, water follows." Electrolytes, as we have learned so far, have a small comfort zone. Sodium is no different, it prefers to live in the blood between 135 and 145 – depending on the lab. If people without kidney disease eat foods that are high in sodium then they retain water. But, if they drink water with high sodium foods,

then the water is not retained and rings do not fit tight in the morning. ESRD patients are able to retain water, but getting rid of it is the real difficulty. When a dialysis patients' sodium level in the blood is high, it makes it difficult for the dialysis machine to remove the fluid.

(Remember, wherever sodium goes, water follows.) Well with a high sodium level, water naturally wants to stay with the sodium in the blood. Whereas, if the sodium level in the blood is low, patients give fluid up on dialysis easily. High sodium levels in the blood also can cause patients to be thirsty. This is the body's way of trying to dilute the concentration of sodium in the blood.

Another way to think of it is like making gravy. The water in our body is like the broth, milk, water, or whatever liquid you use to make gravy with, sodium is the thickening, be it flour, cornstarch, or arrowroot. When making gravy, you know just how thick or runny your family likes, it right? Let us pretend that you accidentally added too much flour, making the gravy like sludge. The only way to thin it is with a liquid. When we eat salty foods, it is like the thick gravy, the only way our body has to get the sodium level back under control is to dilute it by retaining water. To prevent this, consider watching the sodium content in the foods you eat.

Low blood sodium levels can indicate several different things. One of them is listed above and one of the others depends on how much fluid you gain in between your treatments. It is safe to say that if a patient gains a lot of weight between treatments, the sodium level could be lower than if he only gained a small amount of weight.

The next page will provide some information on foods to consider avoiding if you are experiencing difficulty with managing your fluids, retaining fluid, or a high sodium level in your blood – (hypernatremia).

### **Fresh is Best**

Limiting salt intake is a difficult task for anyone, but more specifically the dialysis patient. We eat salt because it makes food taste better. It enhances the flavor of almost everything we eat. Yet eating too much salt is dangerous and could be deadly.

The next several pages will provide some guidance on foods to consider avoiding, and seasonings to try in attempt to regain some of the flavor in foods you enjoy.

**The General Rule: If it comes in a can, try to avoid it.**

<b>Try to Avoid</b>	<b>Try Substituting</b>
Processed Meats, e.g. bologna, hot dogs, prepackaged meats, canned meat, ham	Fresh fish, tuna packed in spring water, ground turkey, ground beef, chicken
Canned vegetables	Fresh or frozen
Snack foods, e.g. chips, nuts, popcorn, crackers, pretzels	Salt –free crackers, air-popped popcorn, vegetable sticks
Canned soups	Home-made broth

## **Salt-Free Herb Blend**

You can use this blend on food you would normally use salt. Fill the salt shaker and shake until your heart is content. You can find inexpensive, bulk dried herbs in the produce section of the grocery store.

5 teaspoons onion powder  
2 ½ teaspoons garlic powder  
2 ½ teaspoons sweet paprika  
2 ½ teaspoons dry mustard  
1 ½ teaspoons thyme  
1 teaspoon black pepper  
¼ teaspoon celery seed  
1 teaspoon cayenne pepper

**Yield – 1/3 cup**

## **Top 10 Ways To Stay Cool In Summer (Without Gaining a lot of Fluid Weight!!)**

### **To Measure**

The table below help you measure your fluids.

2 Tbsp = 1 ounce = 30 cc  
¼ cup = 2 ounces = 60 cc  
½ cup = 4 ounces = 120 cc  
1 cup = 8 ounces = 240 cc  
4 cup = 1 quart = 1000 cc

(one cc = one ml)

Do you love staying out in the sun, but hate that you can't always cool down with a nice cold drink? You are not alone. Most people on dialysis find it hard to stay cool without gaining too much fluid weight. So, here is a top 10 list of things you can do to help you stay cool during the hot summer months.

1. Use a water mist bottle to spritz yourself (get one at Wal-Mart, Superstore, Zellers).
2. Eat chilled applesauce – a low potassium choice (symbol K) (use sugar-free applesauce if you are diabetic).
3. Fill your ice cube tray with lemonade (each ice cube section is 30ml of fluid). Crush to get smaller pieces – another low potassium choice.

4. Chew on some crushed ice chips (Kool-Aid add some great flavor, but keep in mind that all ice counts as fluid).
5. Freeze plastic decorative ice cubes (hold them in your mouth for a cool feel, wash, then refreeze them).
6. Wear clothes that breathe (loose fit, cotton material and a hat).
7. Drink really cold beverages (put ½ cup of water or juice in a frozen mug and sip on it).
8. Freeze your favorite fruit (choose ones low in potassium: raspberries, blueberries, grapes).
9. Stick to shady areas (or find a sprinkler, pool or cold shower).
10. Place a cool gel pack, magic bag or wet bandanna (keep in the freezer) on your forehead.

Another way to avoid getting really hot is to not use your stove or oven. Here are some meal ideas that do not need a lot of cooking:

- Mix tuna, egg or even leftover turkey or chicken with lettuce and tomatoes to make some cold meat salads (see recipes below).
- Use cooked, cooled pasta mixed with your choice of meat and a cool dressing.
- Make a Sherbet Smoothie by mixing ½ cup of sherbet; ½ cup of diet or regular 7-up or Sprite. If you need more protein in your diet, try adding a scoop of protein powder. Ask your dietitian which brand would be best for you.

P.S.

When you do go outside, don't forget your Sun block!!

### **Controlling Thirst**

- Avoid high-sodium or salty foods. They will make you thirsty.
- If you are diabetic, avoid high blood sugars. High blood sugar increases thirst. Use sugar-free hard candies, gum and beverages to quench thirst.
- On hot days, try a cool shower or try running cold water on your wrist or vascular access to cool down.
- Try ice. It is more thirst quenching than water. Make small ice cubes or crushed ice. Measure ice allotment for the day and store in a special container in your freezer. Melt four of your ice cubes in a measuring cup to find out the fluid content in your size ice cubes.
- You can have popsicles or make your own. Use popsicle trays and fill with Kool-Aid or low-potassium juices such as lemonade.
- Ask your physician if any on your medications may cause dry mouth. For severe dry mouth, you may want to try artificial saliva available at pharmacies. The spray form works best.
- Try Quench<sup>®</sup> Mist mouth spray or Quench<sup>®</sup> gum. These products are sour and stimulate saliva. Available at pharmacies & sports stores or call 1 (800)356-9522 to locate the store nearest you.

## Learning New Habits

- Learn to sip fluids.
- Use very small cups and glasses.
- Drink to thirst only. Avoid drinking out of habit or to be social. Identify high risk situation where you are used to drinking lots of fluids.
- Plan how to divide your daily fluid allowance among all your meals and snacks to cover 24 hour period.
- Take your medications with meal-time fluids whenever possible. Review your medication schedule with your physician/pharmacist.
- Stay busy and you won't desire as much fluid.
- Plan your outdoor activities to avoid the heat of the day.

## Keeping Track Helps

- Measure your cups, glasses and bowls to know how much they hold.
- Record all the fluids you drink during 24 hours.
- Each day, fill a jar with water equal to the amount of your daily fluid allowance. For example, if your allowance is 4 cups per day, fill the jar with 4 cups of water. Every time you drink, pour out the same amount of water from the jar. This way you can see how much fluid you have left for the day.

## To Practice

How much fluid does this meal contain?

1 cup vegetable soup  
1 turkey sandwich  
½ cup Jello salad  
1 cup vanilla ice cream  
1 cup coffee

\_\_\_\_\_ cups