

# Kidney Kitchen



SUMMER 2015

News Information Tips Recipes Flavourings

**W**elcome to the latest edition of Kidney Kitchen...this issue we'll be looking at holidays....for those of you lucky enough to be going abroad, visiting other parts of the UK or even just enjoying your very own back garden!

Holidays are often a fun time but for those with kidney disease it is also a time when you may need to think more carefully about your dietary allowances with unfamiliar menus and hot weather! At this time of year there are plenty of healthy, fresh and delicious spring vegetables available. Many of these are kidney friendly and low in potassium. We've included summertime recipes as well as some top tips for helping with your fluid allowances.

Here at Kidney Kitchen, we do try and provide those with kidney disease information which we think they would like to know BUT now's your chance to tell us what you would like to know and if we are missing anything!! Please take a minute to complete the '**Patient Feedback**' section at the back of this newsletter...



HAVE A LOOK AT OUR RECIPES OVER THE PAGE...

## Renal News...

We, the Renal Dietitians, have joined forces with our kidney charity here at the MRI to bring you regular posts relating to food and your kidneys...

Follow 'Kidneys for Life fundraising for MINT' on Facebook or @kidneysforlife on Twitter.



## Pasta with Butternut Squash and Sage Sauce

Serves 2

### Ingredients:

- 4 tbsp olive oil
- 2 garlic cloves
- 4 tbsp chopped fresh sage
- 200g (7oz) butternut squash, peeled, seeds removed, finely chopped
- 200ml (7fl oz) white wine (optional)
- 200ml (7fl oz) double cream
- 75ml (3fl oz) hot water
- 300g (11oz) penne pasta, cooked according to packet instructions
- Black pepper (sprinkle) (optional)

### Method:

1. Heat olive oil in a frying pan over a medium heat. Add garlic and sage and fry for 1-2 minutes, until golden.
2. Add the butternut squash and fry for 3-4 minutes, until golden.
3. Add the white wine and cook for one minute (optional)
4. Add the double cream and water, bring to the boil, then reduce the heat to simmer for five minutes, until the butternut squash is soft and cooked.
5. Add the cooked pasta, toss together and add black pepper and serve.



If the weather is great it's lovely to eat outside with friends and family. BBQs are fun for everyone, but often food cooked this way can be salty. Having too much salt can increase your thirst, so why not try this recipe for homemade burgers?

## Homemade Beef Burgers

Serves 4

### Ingredients:

#### For the burger:

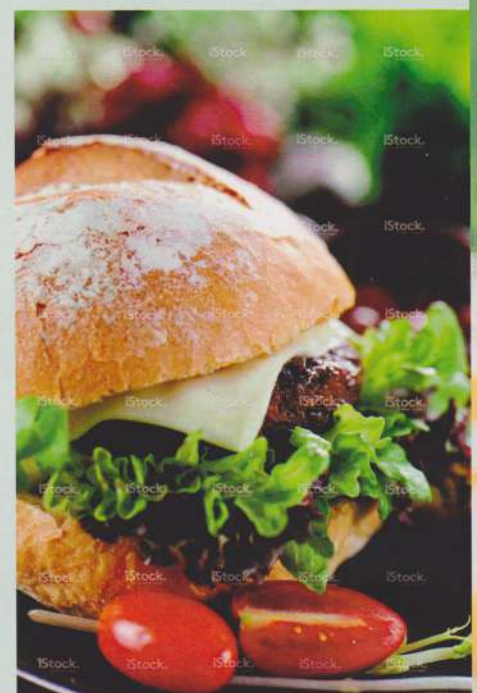
- 540g/1lb 3oz minced beef, chuck steak or minced beef
- 25g/1oz chopped coriander
- 1 onion, chopped
- 1 tbsp Dijon mustard
- 1 free-range egg yolk
- 1 tbsp olive oil
- Black pepper

#### To serve:

- 4 slices mature Cheddar
- 4 tbsp mayonnaise
- ½ iceberg lettuce, chopped
- 4 bread rolls
- 1 beef tomato, sliced

### Method:

1. Add all the burger ingredients into a bowl and mix. Using your hands, shape into four equal-sized patties.
2. Preheat the grill to hot. Cook the burgers under the grill for 15 minutes, or until cooked through, turning once.
3. Top each burger with a slice of cheese towards the end of the cooking time.
4. Before serving, mix together the mayonnaise and lettuce. Cut the rolls in half and toast under the grill on both sides
5. Place the burger onto the roll and add the mixed lettuce and mayonnaise with a slice of tomato....munch and enjoy!!



# Fluid Monitoring Tips...

When refilling your drinks in the hot weather, remember to keep your glass sizes small!!

Freeze fruit and add to drinks, making them super fresh and reducing your fluid intake.

Add lemon and diced cucumber to water in an ice tray for a thirst quenching effect and added flavour.

## Top tip...

If it is liquid at room temperature then it should be included in your daily fluid allowance.

## Homemade Ice Pops

Fill an ice lolly mould (available at most supermarkets) with your favourite squash... summer fruits, orange, apple and blackcurrant, (remember to buy a no added sugar type if you are diabetic) pop in the stick and freeze for a few hours.



# Kidney Kitchen Evaluation Form

**When you have completed the form** please cut it out and hand it back to any of the dietitians or nursing staff involved with looking after your kidneys. You could also email us with any feedback if you don't have regular appointments.

It is important we continue to provide useful and practical information to help with your diet so please help us. We will do our best to answer questions or provide extra information you might want.

## Q1. Have you read previous editions of Kidney Kitchen?

If yes, how many?

Where did you receive it?  
(e.g. dialysis unit, clinic, ward)

## Q2. How useful have you found the information from Kidney Kitchen?

- Helpful
- Neither helpful or unhelpful
- Not helpful

## Q3. Which features from Kidney Kitchen did you find most useful?

- Salt and fluid tips
- Phosphate binders
- Food labelling advice
- Foods to choose and avoid
- Recipes
- Quiz
- Newsflash facts
- Pictures

## Q4. Are there any other topics which you would like us to cover in future editions of Kidney Kitchen?

## Q5. Have you used any of the information from Kidney Kitchen on a practical basis (e.g. made recipes, followed top tips, changed phosphate binder timings)?

## Q6. Do you think there is any way which we can improve Kidney Kitchen? If so, please let us know your ideas.

### Remember, for further information

...follow 'Kidneys for Life fundraising for MINT' on Facebook or @kidneysforlife on Twitter.

### You can contact the Renal Dietitians

Tel: 0161 276 4478 Email: renal.dietitians@cmft.nhs.uk