



Tips for eating well during the holidays

Holidays are a time to enjoy food with family and friends. This holiday, choose foods that are kidney-friendly and be mindful of your serving size.



Remember these tips to help you eat well and feel your best:

- ✓ **Choose a smaller plate** to help control serving sizes.
- ✓ **Sip your drink slowly** to help manage fluids.
- ✓ **Limit your salt** and salty foods.
- ✓ **Remember to take your phosphorus binders with your meal.** They play an important role to keep your levels balanced.
- ✓ **Choose protein first!** Aim for 3–5 ounces of turkey, chicken, fish or another food high in protein.
- ✓ **Finish your meal with a great dessert choice** including apple, cherry, peach pie or cobbler. Pound cake and sugar cookies are also delicious selections.
- ✓ **Want more of your holiday favorites?** Wait 10 minutes and if you are still hungry, go back for more protein.
- ✓ **Offer to bring a dish** to share that will be healthy for you, and great for everyone.
- ✓ **Cook your holiday foods from scratch** to decrease the sodium content often found in pre-made foods.



CHECK OUT OUR GREAT HOLIDAY RECIPES

Try a tasty, kidney-friendly recipe today! www.FreseniusKidneyCare.com/Recipes.