

Healthy Eating during the Holiday Season

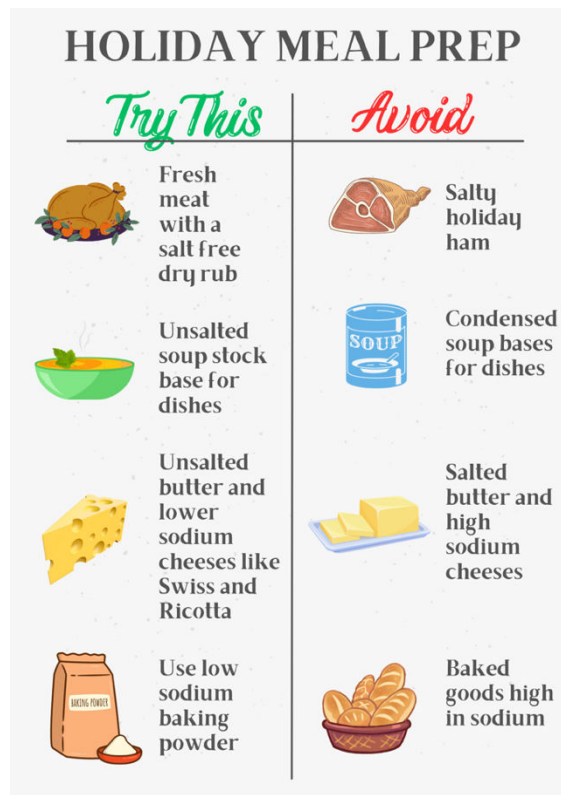
Knowing what to eat is important when you are living with kidney disease, especially if you also have diabetes or high blood pressure. Here are some tips to help you make good food choices and stay healthy this holiday season!

Communicate!

- Speak with your dietitian or doctor and come up with a plan that fits your body's needs. Consider other conditions you may have like diabetes or high blood pressure, as well as any fluid restrictions you may have.
- Ask the host what's on the menu at your holiday gathering so you know what foods will be safe to eat, and which ones should be restricted to a single spoonful.

Be Prepared

- Eat a snack before coming to a holiday meal. Arriving hungry makes it harder to control portion sizes.
- Offer to bring a dish, that way you know there will be something safe and delicious to enjoy.
- Prepare foods at home using fresh ingredients. This is the best way to control what goes into your body at the holidays.



Time to Eat!

- Limit foods high in potassium, phosphorus, sodium, and fat.
- Watch the salt substitutes! Avoiding salt is a good idea but salt substitutes are high in potassium.
- Limit yourself to one alcoholic beverage. Drinking alcohol makes it more likely for you to overindulge in food and increases fluid intake.
- It's not all about what you can't eat, there are plenty of tasty foods you CAN enjoy (always in moderation). Here is a list of some kidney safe fruits and vegetables that are low in potassium and sodium.
 - Low potassium fruits: apples, blueberries, blackberries, peaches, pineapple, strawberries
 - Low potassium veggies: celery, cucumber, peppers, squash, broccoli, carrots

Recipes

- Try these delicious holiday recipes for people with kidney disease (and diabetes!):
- Apple Spice Cake: <https://www.kidney.org/recipes/apple-spice-cake>



- Pasta Salad: <https://www.kidney.org/content/pasta-salad>



- Turkey Bacon, Egg and Cheese Deviled Eggs: <https://www.kidney.org/content/turkey-bacon-egg-and-cheese-deviled-eggs>



Safe Holiday Travel

Being together with family and friends is one of the best parts of the holiday season. Living with a chronic condition can make traveling more challenging, but it's not impossible! Consider these tips when making travel plans this season.

- DON'T skip dialysis! Many dialysis centers can arrange to treat patients that are traveling away from home.
- Bring a full supply of medications for the time you'll be away, plus a couple extra days so you don't run out.
- Make sure you are up to date on your vaccinations! It's time for the most updated COVID19 booster shot (released September 12th) and the flu vaccine. Make sure you have had these at least 2 weeks prior to travel.
- Wear a well-fitting face mask in crowded, public spaces like airports and planes. (An N-95 mask offers the best protection against airborne viruses!)

Medication spotlight: Phosphate Binders

- Phosphorus is an important mineral in our diet that our bodies use to keep bones and teeth strong, regulate nerve and muscle cells, and many other important bodily functions.
- In people with normally functioning kidneys, excess phosphorus is filtered out of the blood, and released in the urine. When people have kidney disease, the phosphorus can build up to unsafe levels, causing problems throughout the body which can lead to an increased risk of heart attack and stroke.
- Phosphorus can be naturally found in foods or added to foods in the form of a preservative. Many beverages like beer and colas, as well as dairy products, contain high levels of phosphorus. Avoiding these foods is best, but some doctors will also prescribe a phosphorus binder that is taken with a meal or snack to help bind to the phosphorus in the foods you eat. This bound phosphorus cannot leave the stomach and intestines and is eliminated in the stool, which helps keep phosphorus levels in the blood lower.
- If you will be eating foods this holiday that are high in phosphorus, it is recommended to eat a small portion and take your phosphate binder with it (if prescribed).
- Please remember: You should never take a medication not prescribed to you.

THE NKFF KONICA MINOLTA GOLF CLASSIC WAS A SMASHING SUCCESS

HELPING THE NATIONAL KIDNEY FOUNDATION RAISE OVER \$300,000 IN FUNDS

Lakeland, FL (NKFF Konica Minolta Golf Classic) The National Kidney Foundation of Florida held its 30th Annual **NKFF Konica Minolta Golf Classic** on October 26th-27th, in Lakeland, Florida at the Eagle Brook Golf Club. Just under 300 golfers participated, helping us raise funds and awareness for kidney patients and their families.

We are grateful to have had the participation of 78 teams in our **NKFF Konica Minolta Golf Classic**! These teams helped the National Kidney Foundation of Florida surpass the financial goal and raise over \$300,000 in funds for local kidney patients. This makes the NKF of Florida the **highest-netting golf tournament in NKF history**.

Doug Ray is the **2023 Golf Chair** and serves on the Board of Directors. He began his service with NKFF 30 years ago when he participated in the Surf Festival. Soon after, he began helping with his local NKFF golf tournament, raising \$13,000 in the first year. The event has grown to include casino night, a live band, and plenty of food and drink.

He says, "I enjoy playing golf, planning the event and I like throwing parties!" More importantly than the enjoyment of the actual event, Doug says "It makes me feel good knowing that the money is going to people truly in need and a lot of people don't know they have kidney disease. The tournaments help get the message out to a wider audience. It's one of those pay-it-forward mentalities."

The NKFF, as a charity, relies on the generosity of sponsors and players to help continue our vital work. Thank you to all the golfers who participated in our fundraising efforts, helping the **National Kidney Foundation of Florida** to continue leading the fight against chronic kidney disease.

To sponsor the **2024 NKFF Konica Minolta Golf Classic**, please call our office at (800) 927-9659.

The National Kidney Foundation hosts a wide range of events throughout Florida, including local 5Ks, golf classics, and surfing in Cocoa Beach. To find out more, please visit www.kidney.org or call (800) 927-9659.

Sponsor Spotlight: Patient Care America

I met with Adriana Ball, the marketing director of Patient Care America, the week before the Ft. Lauderdale Kidney Walk scheduled for November 4th. Like many of her office colleagues, she was wearing a cheerful orange top in support of people living with kidney disease. Patient Care America is the top donor of this walk, having [raised over \\$6,300](#) for the cause. The company has been an essential sponsor of the National Kidney Foundation of Florida for the past 10 years.

Before becoming the marketing director, Adriana worked in content creation and is passionate about educating patients and providers about the products offered by Patient Care America. The company provides personalized nutrition for dialysis patients, helping them feel better and improve their quality of life. They educate patients and providers about fluid balance, phosphorus, and protein and have designed games and activities for patients to help increase their compliance.

Adriana stated that Patient Care America loves to sponsor the National Kidney Foundation of Florida because they "do an amazing job creating educational content, gathering funds, and helping a lot of kidney disease patients."

Her team enjoys being a part of fundraising for this special cause, she says. The National Kidney Foundation of Florida had to put the walks on hold during the COVID-19 pandemic temporarily. However, as things began returning to normalcy, the team was excited to resume participating in fundraising and giving back to the kidney community.

The National Kidney Foundation of Florida appreciates sponsors like Patient Care America for supporting education, policy changes, and transplantation processes, enhancing the lives of those affected by kidney disease.

Rich Salick Scholarship Winner: Cade Kendall

Richard Salick was a professional athlete who received his first kidney transplant at the age of 23. He not only recovered from his transplant but returned to his professional surfing career. Rich provided hope and encouragement to countless patients with kidney disease. He dedicated his life to serving the kidney community, raising millions of dollars for the National Kidney Foundation. The Rich Salick Scholarship was established in 2013 to provide financial assistance for college students with kidney disease who have demonstrated Rich's commitment to service. **Congratulations to the 2023 scholarship recipient, Cade Kendall!**

Cade is a high school senior and plans to attend the University of Central Florida, majoring in architecture. His journey with CKD began in the summer of 2019 when he was diagnosed with nephronophthisis. A few short months later, he was placed on the transplant list for a new kidney. Over the next three years, his kidney function continued to decline, requiring frequent medical care. One of the hardest parts of his diagnosis was that he had to stop playing lacrosse abruptly, right before his travel team left for an important out-of-state trip.

Despite his health struggles, he remained on the honor roll and dedicated over 50 hours of service to raising awareness, funding, hope, and support for patients with kidney disease. He also discovered a love for golf and has played four years on the Varsity golf team which helped him with both physical and mental challenges. Cade received a living donor transplant in May of

this year. Like Rich, he plans to use his experience with kidney disease to continue to give back to the community. Cade says “I plan to use my experiences to support teens suffering from CKD as they go through the same struggles that I did. I also plan to continue fundraising efforts and promote organ donation so that other kids can have a new chance at life like I do.”

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