

Holiday Party Eating Guide for People with Chronic Kidney Disease



The holidays can be a joyful time of year to gather with friends and family. But for people on a kidney-friendly diet, it can be tempting to eat not-so-healthy treats at holiday parties. Use these tips to help stay on track with your specific diet, so you can feel your best and enjoy more time with loved ones this holiday season.

1. **Make a game plan** before the party so you can have fun, eat good food and still have your kidney health in mind.
2. If you can, **offer to host your gathering**. That way you can plan the menu and make sure to serve food that fits into your kidney diet. If someone else is hosting, offer to bring a dish or two to ensure you have healthy choices. Try the [Winter Holiday Cranberry-Glazed Pork Roast](#), [Breakfast Casserole](#), [Fig and Goat Cheese Crostini](#) or [Garlic Mashed Potatoes](#) recipes from [DaVita.com](#).
3. **Be honest with your family and loved ones**. Let them know you are on a special diet and that your health depends on sticking to it.
4. **Bring your phosphate binders** so you take them with your meal.
5. **Be mindful of portion sizes**. A half cup versus one cup of certain foods can make a big difference in blood-levels of potassium, calcium, sodium and phosphorus.
6. To cut calories and sodium, **choose lean meats, steamed vegetables and fruit desserts** instead of fatty fried meats, vegetables with cream sauce, or cream-filled pies.
7. **Limit alcohol**. If you have liquor or a cocktail, be mindful of what it is mixed with and remember that all alcohol counts as fluid. Be sure to ask your doctor or pharmacist about alcohol and medication interactions.
8. For those special dishes you just can't resist, **eat only a small portion** and savor each bite.

We wish you a happy, healthy holiday season!

5 Nutrition Tips

- Season food with herbs instead of salt.
- Substitute olive or canola oil for butter as a heart-healthy alternative in some recipes.
- Try reduced-fat whipped cream on desserts.
- Limit or skip the fruit cake.
- Don't forget: gelatin and gravy count as fluid.

This guide is for informational purposes only and is not a substitute for medical advice or treatment. Consult your physician regarding your specific diagnosis, treatment, diet and health questions.