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.

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.

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