

## Diet Corner – February 2017

### Ask a Dietitian

As Christmas has passed and winter is still in full force with cold winds and rainy nights, you may be longing for some comforting and wholesome food, especially if you're feeling under the weather! Popular food choices to make us feel that bit better during the wet and wintery days are hearty soups and comforting casseroles that we just love to have maybe even with some crusty buttery bread...yum! But hang on....'I've been told to avoid soups' I hear you say...well, as you know, in kidney disease we need to be careful about fluid, salt, potassium, and phosphate which is generally why soups and casseroles are on the 'avoid list', especially the 'ready-made' varieties you get in shops. But there is a way you can have these foods if you make them yourself and being careful with what you put in it.



You can modify recipes and cooking methods to reduce the amount of salt and potassium, and just remember to include the fluid from food as part of your daily fluid allowance (if on dialysis, you should aim for 500ml plus whatever your urine output was the day before). Don't use any salt in your cooking or added to your food, but instead use pepper, herbs, and spices to flavour because the salt can make you feel thirsty and you may drink more than you should. You can use vegetables like carrots, cabbage, leeks, cauliflower, mixed frozen veg, broccoli, and swede, but if you need

to limit your potassium, be sure to par-boil them in lots of water to reduce the amount of potassium then add the vegetables to the stew/casserole/soup and remember to throw the water away as it contains lots of the potassium from the vegetables! To make it more nourishing, add some protein (chicken, turkey, lamb, beef, lentils, Quorn™ pieces, tofu) to help with maintaining your muscle and making you feel well-fed. Reduce down the liquid to make the dish taste that much better and to help with you limit the fluid.

You can still have that bit of crusty warm bread with lashings of butter or margarine, especially if you are finding your weight is going down, and providing your phosphate is well maintained, a piece of cheese would be great to have alongside your hearty meal!

#### **Chicken Casserole**

##### **Ingredients:**

600g diced chicken  
2 onions, chopped coarsely  
2 leeks, chopped  
2 celery sticks, sliced  
2 carrots, chopped  
1 small head of broccoli, chopped  
1 reduced salt stock cube  
2 cups water  
2 tablespoons flour  
1 tablespoon olive oil  
¼ of a lemon, juiced  
Rosemary  
Pepper or herbs/spices of your choice

##### **Method:**

1. Season chicken and brown in a large hot casserole dish with the olive oil
2. Add in the onions
3. Stir in the flour, cook for a few minutes, then add the stock
4. Season well – add the rosemary and lemon juice
5. Cook in the oven for 25-30minutes
6. Boil the carrots, celery, leeks, and broccoli in a large saucepan – discard the water
7. Add to the casserole and cook for a further 15 minutes before serving

## Get ready for Day Trips 2017

Following the huge success of last year's day trips, we are pleased to announce that we will again be organising and supporting a series of day trips for our dialysis patient members this year.

We hope that they will be equally well attended as last years – if you do feel like a day out then make sure you get your name down as quickly as possible - each of the events are on a first come first served basis.

Booking details will appear in the next copy of the Newsletter with tickets going on sale in April. In the meantime, to help you decide where you might like to go please see below for some details of this year's selected dates and destinations. Roll on Summer!!

<p style="text-align: center;"><b>Sunday 25th June</b> - <b>Windsor Castle</b> - CENTRAL MIDDLESEX HOSPITAL Acton Lane, London, NW10 7NS</p> <p><b>Times to be arranged</b></p>	<p style="text-align: center;"><b>Sunday 9<sup>th</sup> July</b> - <b>Brighton</b> - HAMMERSMITH HOSPITAL Du Cane Road, London, W12 0HS</p> <p><b>Start 8am - Return 7pm</b></p>	<p style="text-align: center;"><b>Sunday 23rd July</b> - <b>Southend</b> - EALING HOSPITAL Main Entrance Uxbridge Road, Southall, UB1 3HW</p> <p><b>Start 8am - Return 7pm</b></p>	<p style="text-align: center;"><b>Sunday 6th August</b> - <b>Clacton on Sea</b> - NORTHWICK PARK HOSPITAL Watford Road, Harrow HA1 3UJ</p> <p><b>Start 8am - Return 7pm</b></p>
<p style="text-align: center;"><b>Sunday 20th August</b> - <b>Eastbourne</b> - CENTRAL MIDDLESEX HOSPITAL Acton Lane, London, NW10 7NS</p> <p><b>Start 8am - Return 7pm</b></p>	<p style="text-align: center;"><b>Sunday 27 August</b> - <b>Margate</b> - EALING HOSPITAL Main Entrance, Uxbridge Road, Southall, UB1 3HW</p> <p><b>Start 8am - Return 7pm</b></p>	<p style="text-align: center;"><b>Sunday 3rd September</b> - <b>Bournemouth</b> - NORTHWICK PARK HOSPITAL Watford Road, Harrow, HA1 3UJ</p> <p><b>Start 8am - Return 7pm</b></p>	