

December is Renal Diet Month!

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During the holidays, many people go out to eat and dine at family members' or friends' homes. Kidney patients may find it difficult to watch their diet and control their fluid intake and blood levels. Below are several articles and resources regarding how to control the renal diet, cookbooks, and how to enjoy the holidays while staying healthy.

The Renal Network developed a newsletter for patients, called *The Renal Outreach*. This newsletter contains an article about diet and eating out.

http://www.kidneypatientnews.org/images/RO14_2.pdf

The Kidney Patient News web site provides patients with information regarding the renal diet and links to cookbooks.

<http://www.kidneypatientnews.org/kpt10.html>

The National Kidney Foundation web site contains a list of cookbooks for kidney patients to order.

<http://www.kidney.org/professionals/CRN/cookbooks.cfm>

The National Kidney Foundation web site contains an article called *Dining Out with Confidence*.

<http://www.kidney.org/atoz/atozItem.cfm?id=42>

The Kidney Patient Guide web site discusses what the role of a renal dietician is, the link between diet and how a patient feels, and also lists cookbooks available.

<http://www.kidneypatientguide.org.uk/site/diet.php>

This specific article from the American Association of Kidney Patients web site called *Food for the Holidays* provides patients with tips for grocery shopping and tips for successful holiday eating.

<http://www.aakp.org/aakp-library/food-for-holiday/>

This article provides dietary recommendations and explains the reasons to control fluid intake and other food sources.

<http://www.nlm.nih.gov/medlineplus/ency/article/007135.htm>

This is an article written by a Renal Dietician called *How to Survive the Holiday Eating Frenzy*. The author gives kidney patients tips on how to have a nice and fulfilling holiday dinner.

http://www.pkdcure.org/site/DocServer/Holiday_Nutrition_-_Winter_2006.pdf?docID=7070

This is an article that discusses the renal diet and how to control your blood levels while dining out, eating fast food, and during the holidays.

http://www.vcuhealth.org/transplant/pdf/vascular_access/renal_diet.pdf

