

# Making Education Fun: Word Find Challenge

## Fluid Management and Dialysis Access Words

D Q E T C Y U I O P L K J H G F D S A  
S C B N R M Q I C E C H I P S V X C Z  
I M N B A V X Z A S D F G J H J E K L  
S F G U M A D E F L U I D G J R S D H  
Y I J D P O E G E E T H I E U J K J R  
L S D H I I E Y T F A R G S C E R F E  
A T D N N U E E H L O C S O F S Y O T  
I U M B G A I N F J P E S O Y U J S E  
D L S I R N Y S J T R A E H F D D T H  
A A T A I O W E I P C Z T P Q W N K T  
S A K B Y E I J D Z X E D W X G E A A  
F I D E L K D O V E R L O A D F W V C  
D O H L E I O M W E T K D T C V K N K  
I Y I K E L U N G S D I B L S C K B Y  
E N E I B E F K N E Z O R F F J E W S  
G O O H R O I I T S O I O D J F R S T  
K G G T I M A N A G E M E N T F W Y S  
F I D W T N A L P S N A R T S S I O Z  
H D E T O E E K O E S A W R E T Y O T

Find the following words:

ACCESS  
CANDY  
CATHETER  
CRAMPING  
DIALYSIS  
FATIGUE  
FISTULA  
FLUID  
FROZEN

GAIN  
GRAFT  
GUM  
HEART  
HIGH BLOOD PRESSURE  
ICE CHIPS  
LUNGS  
MANAGEMENT  
OVERLOAD  
SWELLING  
TRANSPLANT



# Easy Shrimp in Garlic Sauce (high protein)

Recipe created exclusively for DaVita.com by DaVita dietitian Sara RD, CSR, CDE from California.

**Portions:** 4

**Serving size:** 1/4 recipe

(1 cup pasta, 6-9 shrimp, 3 tablespoons sauce)



## Ingredients

- 3 cups bowtie pasta, uncooked
- 3 tablespoons butter or margarine, unsalted
- 3 cloves garlic, minced
- 1/4 cup onion, minced
- 1 pound raw shrimp, shelled & deveined
- 1/2 cup whipped cream cheese
- 1/4 cup nondairy creamer
- 1/4 cup white wine
- 2 tablespoons fresh basil, chopped
- black pepper to taste

## Preparation

1. Boil 3 quarts water in a large saucepan. Add 3 cups dry bowtie pasta; cook 12 minutes, then drain.
2. While pasta is boiling, melt butter in a skillet over medium heat. Add garlic and onion and cook 1 minute. Add shrimp and cook until it turns orange, 1 to 2 minutes (do not overcook).
3. Remove shrimp from skillet and set aside. Reduce heat to low. Add cream cheese to skillet and stir with onion, garlic and butter to make a sauce.
4. Add nondairy creamer and stir. Add the wine and stir until smooth. Return cooked shrimp to the sauce and stir to coat.
5. Drain pasta, divide onto 4 plates and top with shrimp and garlic sauce. Season with 1/2 tablespoon chopped fresh basil and black pepper.

Recipe copied from “DaVita Kidney Friendly Recipes” website.

## Nutrients per serving

- Calories: 464
- Protein: 30 g
- Carbohydrate: 35 g
- Fat: 22 g
- Cholesterol: 218 mg
- Sodium: 245 mg
- Potassium: 310 mg
- Phosphorus: 336 mg
- Calcium: 94 mg
- Fiber: 1.3 g

## Renal and renal diabetic food choices

- 3 meat
- 2 starch
- 1/2 milk
- 1 fat

## Carbohydrate choices

2

## Helpful hints

- Clean and shell shrimp before boiling the pasta.
- Substitute frozen shrimp if fresh shrimp is unavailable.