

Holiday Word Search

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

Can you find these Holidays and foods that are good to eat?

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|-------------|-----------------|---------------------|-----------------|
| Apples | Cherry Pie | Ginger Ale | Macaroni Salad |
| Apple Cider | Christmas | Gingerbread Cookies | Okra |
| Apple Pie | Coleslaw | Green Beans | Pears |
| Butter | Corn | Hanukkah | Pineapple Juice |
| Cabbage | Cranberry Juice | Honey | Rice |
| Candy Cane | Cranberry Sauce | Jello | Sugar Cookies |
| Challah | Dinner Roll | Kwanza | Thanksgiving |
| | | | Turkey |

Fun, Easy, and Yummy Recipes

KoolAid® Smoothie

Recipe submitted by DaVita renal dietitian Kelly from Missouri.

Portions: 4

Serving size: 1 cup

Ingredients:

- 2 cups of ice
- 1/2 cup vanilla flavored liquid nondairy creamer
- 1/2 cup of water
- 1/4 cup powdered egg whites
- 2 tablespoons of pre-sweetened or sugar-free Kool-Aid® powder (any flavor)

Preparation:

1. Place all ingredients in a blender.
2. Blend until smooth and serve immediately.



Nutrients per serving (with sugar-sweetened Kool-Aid®)

- Calories: 156
- Protein: 6 g
- Carbohydrate: 19 g
- Fat: 6 g
- Cholesterol: 0 mg
- Sodium: 130 mg
- Potassium: 102 mg
- Phosphorus: 44 mg
- Calcium: 7 mg
- Fiber: 0 mg

Renal and Renal Diabetic Food Choices

- 1 meat
- 1 high calorie

Carbohydrate Choices

- 1

Helpful Hints

- Choose your favorite Kool-Aid® flavor.
- If taking the sugarless route, it's easiest to use 2 packets of Kool-Aid® Sugar Free "On the Go" mix. Carbohydrate is reduced to 9 grams and 1/2 Carbohydrate Choice.
- Since certain types of powdered egg whites can be high in phosphorus and other additives, be sure to check with your dietitian for acceptable brand names of the product. Kelly uses Honeyville's powdered egg whites, available at www.honeyvillefoods.com.

Recipe taken from www.davita.com/recipes

Rice-Stuffed Chicken

A recipe for people on a renal diabetic diet

- 4-lb. Roasting Chicken
- 3/4 cup Uncooked Rice
- 6 teaspoons Margarine
- 1/2 cup Chopped Onion
- 1/2 teaspoon Sage
- 1/2 cup Chopped Green Pepper
- 1/4 teaspoon Thyme
- 1/8 teaspoon Pepper
- 2 teaspoons Margarine

Cook rice according to package directions, omitting salt. Melt 6 teaspoons margarine in skillet. Add onion and green pepper and sauté. Combine cooked rice, sautéed onion and green pepper, sage, thyme, and pepper. Toss lightly with a fork. Stuff chicken with rice mixture.

Rub 2 teaspoons margarine onto chicken. Bake at 325 degrees for two hours. Baste occasionally with pan juices.

Makes six 1/2 cup services of rice stuffing.

Each serving of rice stuffing equals one unsalted starch and one salted fat. Each ounce of chicken equals one ounce meat. A single serving contains 228 cal., 2.0 gm of protein, 16 gm of fat, 21 gm carbohydrate, 191 mg of sodium and 77 mg potassium.

Recipe taken from www.rsnhope.org/health_info/renal_friendly_recipes.php

