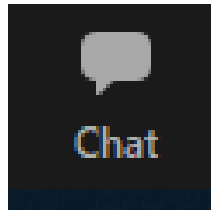
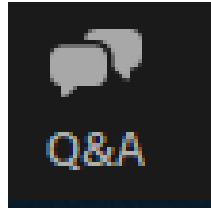
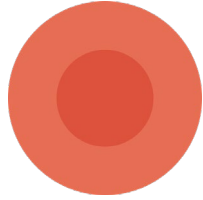


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COVID 19 and Your Renal Diet: What You Need to Know



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- This webinar is being recorded and will be available on demand on this page of our website <https://kidney.ca/Support/Resources/Webinars>
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THE KIDNEY FOUNDATION OF CANADA
WEBINAR SERIES

The Kidney Foundation would like to thank our sponsors for making the 2020 Kidney Foundation Webinar Series possible.



Ella Hua is a Registered Dietitian with the Alberta Kidney Care - South based in Medicine Hat, a beautiful city in southern Alberta. She specializes in renal care for clients with different stages of kidney disease, as well as clients on different modalities of dialysis. In her role, she also teaches nutrition basics class, runs a renal friendly cooking class as well as a renal grocery store tour. She holds a B.Sc. in Nutrition from the University of Alberta and completed the dietetic internship with Alberta Health Services in a variety of areas including renal, diabetes, cardiology, etc. In her spare time, she enjoys cooking, hiking, and working on her new craft project.



Lauren Kapphahn is a Registered Dietitian based out of Saskatoon, SK. She joined the Kidney Foundation of Canada as a Community Programs Coordinator for the Saskatchewan branch in 2019. Lauren is a graduate of the University of Saskatchewan, holding B.A Psychology and B.Sc Nutrition degrees.



Christine Nash is a Registered Dietitian at the University Health Network's Toronto General Hospital and has been working with patients with chronic kidney disease (Stages 3-5, including dialysis) for over 15 years. She is co-chair for the Canadian Association of Nephrology Dietitians (CAND) and is the provincial renal dietitian lead for the Ontario Renal Network. She recently completed her Masters in Nutritional Sciences at the University of Toronto, where she studied nutritional status and dialysis modality and their effect on folate status in the era of folic acid fortification.



Dani Renouf is a registered dietitian and Certified Diabetes Educator with her Master of Science in Public Health. Dani has been a dietitian primarily practicing in chronic disease prevention and management, but also has an interest in media and therapeutic diet recipes that are tasty for the entire household. She currently is the Renal Resource Dietitian at St. Paul's Hospital, working with patients, involved in research, and representing provincial dietitians at the level of BC Renal.



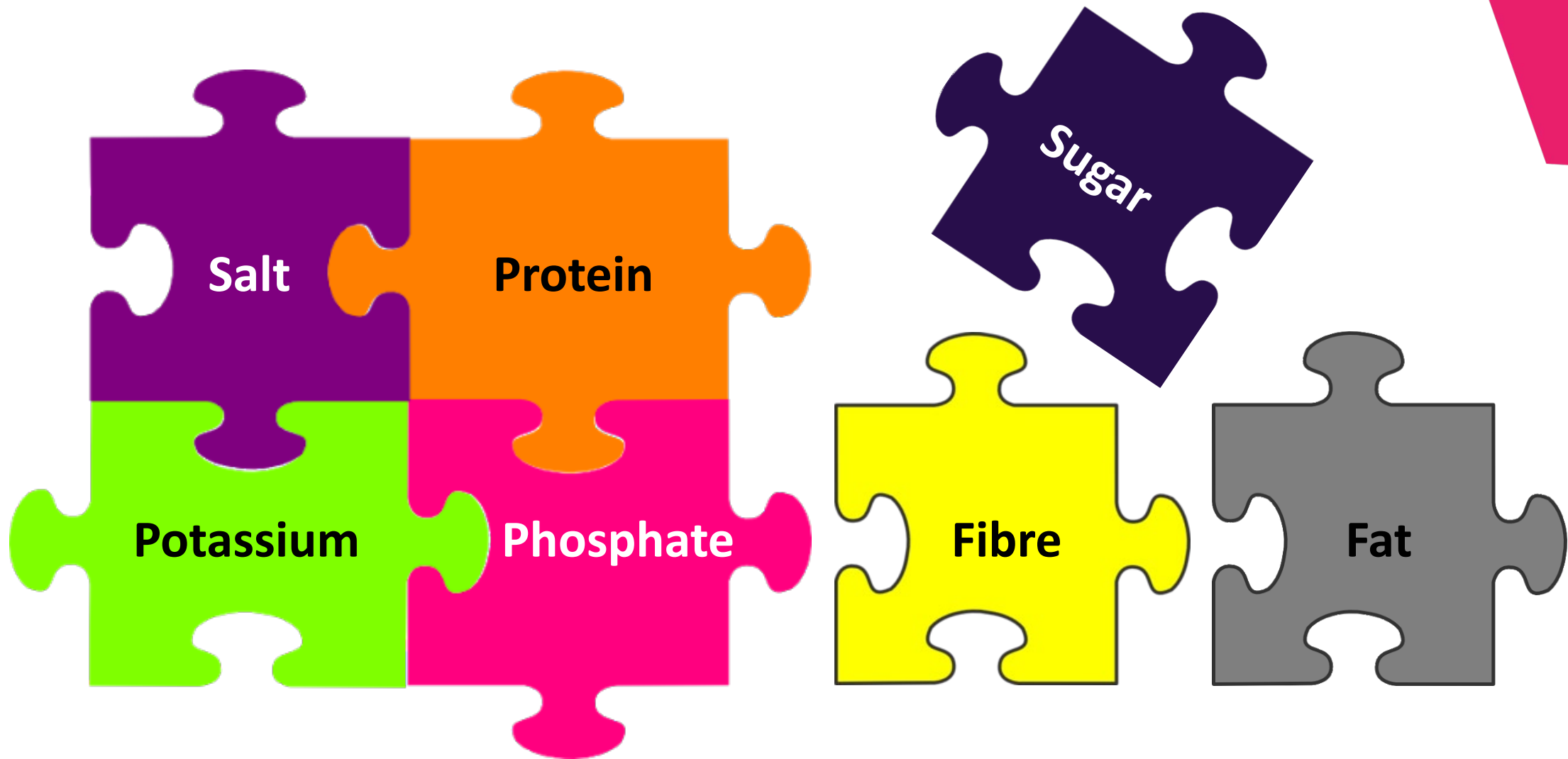
Elizabeth Zamajski is a Registered Dietitian with almost 20 years of experience. Elizabeth went to Ryerson Polytechnic University, where she graduated in 2000 with a Bachelor in Applied Science in Food and Nutrition. Elizabeth completed her Dietetic Internship at the University Health Network in Toronto. Elizabeth works at Halton Healthcare in Oakville, Ontario. She provides nutritional care to patients across all areas of the renal journey, including Independent Dialysis, which includes home hemodialysis and peritoneal dialysis as well as MCKC and in center dialysis. Elizabeth has been the Co-Chair of the Canadian Association of Nephrology Dietitians for over five years. Elizabeth has been involved in many projects that support renal dietitians and renal patient population. Quality of patient care and advocating for exemplary patient care is Elizabeth's main focus in her practice.



Role of Renal Dietitians

- Part of the multi-disciplinary healthcare team
- Perform individualized nutrition assessments:
 - Medical history/Medication
 - Bloodwork
 - Diet history
 - Weight history
- Develop individualized diet recommendations for:
 - Macronutrients/Micronutrients
 - Fluid needs
- Prevention of malnutrition and maintenance of mineral and fluid balance through ongoing education and support

Role of Renal Dietitians



Kidney-friendly Pantry Staples

Shelf stable foods to choose more often

1. Protein Foods

- Dried beans, peas and lentils
 - Kidney-friendly prep instructions
- No salt added/low salt canned beans, peas and lentils
- Low sodium canned salmon/tuna
- Unsalted nuts and nut butters

2. Fruit and Vegetables

- No sugar added canned fruit, fruit cups packed in water, or applesauce
- No salt added/low salt canned vegetables

Kidney-friendly Pantry Staples

Shelf stable foods to choose more often

3. Grain Products

- White rice, pasta, spaghetti, couscous
- White, 60% whole wheat breads, light rye, and sourdough breads (could freeze to increase shelf life)

4. Snacks

- Unsalted popcorn, pretzels, soda crackers, tortilla chips
- Shortbread cookie, vanilla wafer, digestive biscuits
- Hard candy, mints, fruit-flavored candy, or jellybeans*

Use up your freezer space!

- Frozen fruit and vegetables good alternative to fresh - just as nutritious and last far longer
- Fresh unprocessed meat can be portioned into individual servings and freeze for later use
- Frozen unprocessed meat, fish, shellfish are cost-effective

Temporary product shortages and alternative food items

Meat shortages

- Look for alternative protein options: fish (fresh/frozen/canned), some shellfish (blue crab, lobster, shrimp), eggs, recommended portions of lower-sodium cheeses/yogurt/milk, and plant-based proteins

Shelf-stable foods to avoid/limit

- Convenience meals and snacks:
 - Prepared fresh or frozen entrees, canned and dried soups;
 - Dried pasta/rice with sauce mixes;
 - Pickles, sauces, processed cheese and salty snack foods such as potato chips, pretzels, and salted nuts
- Processed foods that contain phosphate or potassium additives:
 - Seasoned/processed meats (e.g., deli meat, chicken nuggets)
 - Processed cheese and cheese products (e.g., Kraft Dinner, Cheezies)
 - Low sodium products (e.g., low sodium ketchup, pickles)

Pantry Staple Item: Canned Tuna/Salmon

- **Long shelf-life, energy-dense, relatively more affordable compare to fresh fish; suitable during a pandemic or emergency;**
- **Good nutrient profile:**
 - high in Omega-3 fat
 - Vitamin D
 - A good protein source
- **Renal friendly modification:**
 - Check label and pick “Low Sodium” or “No Salt Added”; be mindful about potassium additives for some reduced sodium products
 - If not able to get lower sodium variety, make sure drain and rinse under running water for 30 seconds to rinse off sodium
 - **Remove edible bone** to reduce phosphorus content

Recipe Idea 1 – Tuna Spread

- 1 can (170 g) no salt added tuna, drained; 2 Tbsp light mayonnaise; 1 tsp lemon juice; 1/2 tsp dijon mustard; pepper to taste
- Serve over crackers/buns, in a wrap or sandwich
- Recipe link:
<https://www.kidneycommunitykit.chen.ca/kkcookbook/recipes/tuna-spread/>



Recipe Idea 2 – Tuna Rice Casserole

- **1 can (~195 g) low sodium tuna; 3 cups cooked white rice; 1 cup cheddar cheese; 3 oz cream cheese; 1 cup sour cream; ½ cup chopped onion; 1/8 tsp garlic powder; ½ tsp basil; 1 tomato, sliced**
- **Recipe link:**
<https://www.kidneycommunitykitchen.ca/kkcookbook/recipes/tuna-rice-casserole/>





Recipe Idea 3 - Tuna Macaroni Salad

- **1.5 cups uncooked macaroni (cook, then chill), 1 can of unsalted tuna, ¼ cup mayonnaise, 2 celery stalks (dice), 1Tsp lemon pepper seasoning**
- **Recipe link:**
<https://www.kidneycommunitykitchen.ca/kcookbook/recipes/tuna-macaroni-salad/>

Pantry Staple Item: Canned/Dried Legumes

- **Pantry stable, affordable;**
- **Easily incorporated to a salad, soup, casserole, stir-fry etc.**
- **Good nutrient file:**
 - Plant-based protein source; may slow down CKD progression; recommended by the Canada's Food Guide
 - Complex CHO, rich in fibre, suitable for people with diabetes
- **Renal friendly modifications:**
 - Dried legumes – soaking and cooking can remove up to 85% potassium
 - Canned legumes do not have high potassium to begin with
 - Plant-based phosphorus source, low absorption rate

Recipe 1 – Curried Chickpea Salad



- **Ingredients:** 2 cups cooked couscous (1 cup uncooked couscous use 1-1.5 cup water), 1 can No Salt Added chickpea, ½ cup dried cranberry, 2 green onion thinly sliced, freshly chopped cilantro
- **Dressing:** ¼ cup apple cider vinegar, 1 tsp lemon juice, 2 tsp fresh grated ginger, 1/3 cup canola oil, 2 Tbsp curry powder
- **Recipe link:** <https://www.davita.com/diet-nutrition/recipes/vegetables/spicy-chickpeas-chana-masala>



Zucchini, Black Beans and Rice Supper

- 1 tablespoon canola oil
- ½ -1 cup fresh zucchini
- 15 ounces canned no-salt-added black beans
- 1 medium tomato
- 1 cup water
- 1 cup instant white rice, uncooked
- ¼ cup shredded cheddar and Monterey jack cheese blend

Recipe Link: <https://www.davita.com/diet-nutrition/recipes/vegetables/zucchini-black-beans-and-rice-supper>

*Recipe and picture from Davita



Spicy Chickpea

- 1 medium onion chopped; 900g canned chickpeas; 1 cup unsalted diced tomato; 2 Tbsp. vegetable oil; herb and spice (1 Tbsp. ginger, 3 garlic cloves, 1tsp chili powder, 1tsp garam masala, 1tsp coriander powder 1tsp ground turmeric, ¼ cup fresh cilantro, 4 lemon wedge)
- Recipe link: <https://www.davita.com/diet-nutrition/recipes/vegetables/spicy-chickpeas-chana-masala>



Shopping for Kidney-Friendly Foods on a Budget

- **Lower-cost staples**
- **Choose produce in season**
 - Summer: cherries, berries, peaches, corn, green/yellow beans, cucumbers
- **Choose frozen fruits and veggies**
 - Without added salt, sauce, or seasoning
- **Working with Food Bank staples**

Grocery Shopping Tips

- **Minimize risk before you go**
 - Meal plan and make a list
 - Use grocery delivery services or special store hours
- **Stay safe in the store**
 - Wear proper protective equipment
 - Avoid touching face, phone, and personal items
 - Physically distance
 - Minimal handling of grocery items
- **Wash up afterwards!**

Food Safety

- **There are currently no reported cases of COVID-19 being spread through food.**
- **There is no evidence that COVID-19 is spread through food made by infected people. COVID-19 is spread from person-to-person through respiratory droplets.**

Food Safety

REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.

1
Wet hands with warm water

2
Apply soap

3
For at least 20 seconds, make sure to wash:

- palm and back of each hand
- between fingers
- under nails
- thumbs

4
Rinse well

5
Dry hands well with paper towel

6
Turn off tap using paper towel

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Food Safety

- **Properly sanitize surfaces and equipment before use**
- **Wash fruits and vegetables under running water**
 - Washing fresh produce with soap, chlorine or other chemicals is not recommended
 - Avoid soaking
- **Pay attention to expiration dates**
- **Cook to recommended safe internal temperatures**
- **Avoid cross contamination**

Take Care of Yourself

- **Be kind to yourself!**
- **Nutrition is an important part of self-care, but only one part**
- **Nourishing yourself should be an enjoyable experience**

Cooking with Dani



Resources

- The Kidney Community Kitchen – www.kidneycommunitykitchen.ca
- The Kidney Foundation of Canada – www.kidney.ca
- The Canadian Association of Nephrology Dietitians – <http://renalrd.ca/home>
- UnLock Food - www.unlockfood.ca
- Spice It Up! - www.myspiceitup.ca
- Davita - www.davita.com/diet-nutrition



Questions

Contact Janice Melanson for further information:

Email - janice.melanson@kidney.ca

