

West Virginia Bureau of Senior Services

December 2023

Volume 257

Food and Fitness



KIDNEY HEALTH AND FOOD CHOICES

Food choices can be a very tedious task especially when it becomes a matter of must, due to health concerns. In this article, we are going to remind ourselves what kidneys do, dive into what to be aware of with kidney concerns, what to look for on food labels, in regards to kidney health, and what alternatives or better choices we can make for our kidneys. Kidney health can look differently for everyone, but being very conscientious of certain items will create a better health for your kidneys.

Your kidneys play a crucial role to your body, they are the filtration system. This means they remove waste and fluid from your body. When we begin to look into our kidney health, we realize what we put into our bodies, food, plays an important part of our overall health.

Food Labels

There are three main items to pay attention to, on the food labels when you are learning to keep your kidneys healthy: sodium, phosphorus, and potassium.

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KIDNEY HEALTH

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Sodium – A mineral found in many foods, especially foods that have been processed. Foods such as frozen pizzas, canned soups, or prepackaged items tend to have a higher amount of sodium. A lower sodium diet is important to keeping our kidneys healthy. When looking at food labels, one should be look for items that have a low amount of sodium, fresh and whole foods are a great place to start. The daily FDA recommendation, for a healthy adult is around 2,300mg of sodium per day which is about 1 teaspoon.

Phosphorus or phosphates – A mineral also found in food. There are two types of phosphates, chemical and organic. Chemical phosphorus is in our processed foods such as lunch meat, hot dogs, and premade meals. Organic phosphorus is naturally occurring and is in foods such as meat, nuts, beans, and dairy. Our kidneys have a harder time processing chemical phosphates, so a lower phosphorus diet is also recommended for healthy kidneys. We should try to avoid any phosphorus or phosphate on our food label, these will be found when reading the ingredient list. When phosphorus or phosphates are listed on the ingredient list they are chemically created. Anything with the word “phate” as part of the spelling contains phosphorus or phosphates. Organic phosphorus will not be found on a food label, so education is key by talking with your doctor/nutritionist/dietician.

Potassium – Another mineral found in many foods such as bananas, avocados, and potatoes. This also has to be a lower consumed item for healthy kidneys. The potassium, on the food label, is listed with either milligrams or a percentage. The recommended amount of potassium, for healthy adult kidneys, is 2,600mg for women and 3,400mg for men. Potassium, in my opinion, is the hardest mineral to control with diet.

Food Alternatives

Today, there are many different food alternatives to help keep our kidneys healthy. There are many low sodium or no sodium options such as different seasonings, frozen whole foods, and newer guidelines. When looking at food labels look for items that are considered uncured versus cured. They will be processed with natural ingredients instead of chemical ingredients. There are also many plant based foods items to replace our dairy foods. For example, you can choose cashew milk or almond milk to replace your cow’s milk or enjoy plant based cheeses. Finding foods with less than 100mg of potassium are considered low potassium items. These foods are things like cucumbers, white rice, and egg whites. When looking for items to maintain healthy kidneys it is very important to educate yourself on food labels and talk with a professional.

Recommended Nutrition Goals For Patients With Chronic Kidney Disease (CKD): Your Food Choices Matter



Count Your Calories

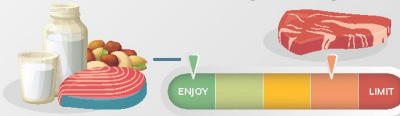


- Maintaining a healthy weight often requires **reducing the number of calories you eat**.¹
- Monitor carbohydrate and fat in the foods you eat for a healthier weight.
- Reduce the risk or complications such as diabetes and heart disease.



Watch Your Protein Intake

- High levels of protein can put a strain on your kidneys.¹
- **Limit the amount of protein you eat or change the source.**¹
- Choose foods high in riboflavin,³ found in fish, milk, nuts and green vegetables.



Be Aware Of How Much Fluid Your Body Needs



- **Damaged kidneys have trouble eliminating excess fluid from the body.** This can cause high blood pressure and heart disease.¹
- Depending on your CKD stage, you may need to limit foods that contain a lot of water.¹



Reduce Your Salt Intake



- **Reduced kidney function can cause your body to have trouble eliminating sodium (salt).**
- High sodium levels can lead to high blood pressure, either directly or indirectly by increasing your thirst.^{1,5}



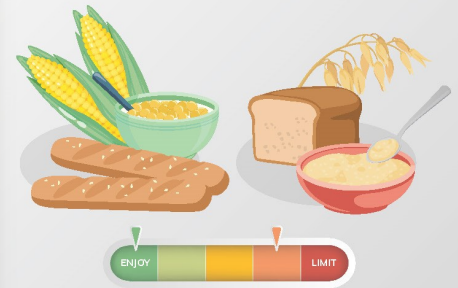
Watch Your Potassium Intake

- **Poorly functioning kidneys have trouble processing potassium,** which when elevated, can negatively affect your heart and muscle function.¹
- **Low:** Foods are considered low potassium if they contain ≤ 200 mg per $\frac{1}{2}$ cup serving.
- **High:** Foods are considered high in potassium if they contain ≥ 200 mg per $\frac{1}{2}$ cup serving.



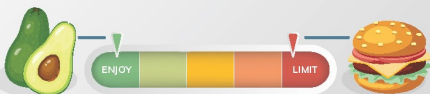
Watch Your Phosphorous Intake

- **CKD affects your kidneys' ability to remove phosphorous,** which, when elevated, can cause poor bone health.¹
- Foods with high phosphorous levels, such as whole-grain bread and oatmeal, may be substituted with Italian bread or corn cereals.¹



Monitor Fat Intake

- **Replace saturated fats with unsaturated fats to help control cholesterol,** a type of body fat.³



Kidney Friendly Diet Options



DASH Diet⁶

- Rich in fruits, vegetables, low-fat dairy products, whole grains, fish, poultry, beans, seeds, and nuts.
- Low in sodium, fat, and calories.
- Endorsed by the NKF and other leading health organizations.



Renal Diet⁷

- These foods are low in sodium, phosphorous, and protein.
- Dietary needs may vary based on your individual needs.



Plant-Based Diets⁸

- Can be helpful in maintaining kidney health when you have CKD.



References

1. Kidneyfund.org/living-kidney-disease/healthy-eating-activity/kidney-friendly-eating-plan. Accessed January 23, 2020.
2. Kidney.org/sites/default/files/Nutrition_GL%2BSubmission_101719_Public_Review_Copy.pdf. Accessed January 28, 2020.
3. NIDDK.nih.gov/-/media/Files/Health-Information/Health-Professionals/Kidney-Disease/ckd-diet-assess-manage-treat-508.pdf. Accessed January 28, 2020.

4. Kidney.org/atoz/content/fluid-overload-dialysis-patient.
5. Acc
6. Htt
7. Har
8. Kid
9. Kid
10. My
11. et-l
12. Kid
13. 23,

Abbreviations

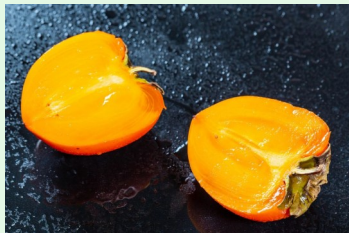
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Fund; BMI, body mass index; CKD, chronic kidney disease; DASH, top hypertension; HDL-C, high density lipoprotein cholesterol; LDL-C, cholesterol; NKDEP, National Kidney Disease Education Program; foundation.

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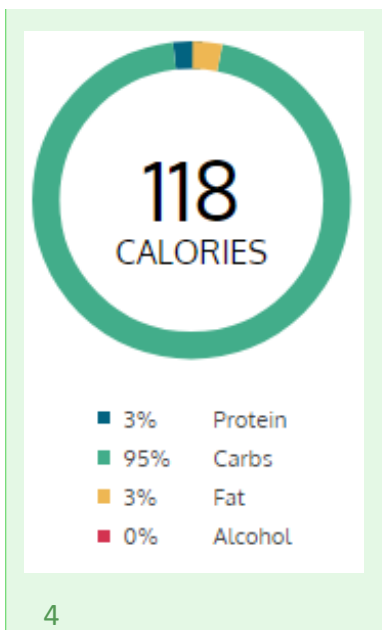
FRUIT—PERSIMMON

Persimmons are fruits that grow on trees. They are in the Ebenaceae family. They are commonly known as “food of the gods.” They are related to the date plum, the black sapote (chocolate pudding fruit), and the mabolo (velvet apple). The texture is similar to an apricot and the skin is a little tougher than an apple. They look similar to a tomato and an acorn. They are normally available in November and December and come from China, Korea, and Japan.

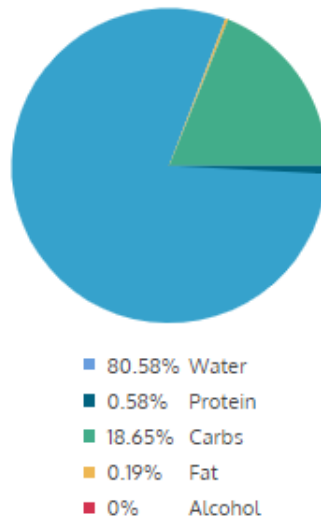
There are two types of persimmons, the Fuyu and the Hachiya. The Fuyu has a mild, slightly sweet taste with hints of cinnamon while the Hachiya are intensely sweet with a honey-like flavor. It is recommended to eat the Fuyu when it is firm, crisp, and barely ripe. Eat it like an apple. They are used in salads, pies, and cakes. The Hachiya is best eaten when it is almost overripe. They are extremely soft and are best eaten when cut in half and scooped out with a spoon. Hachiya are best in jams and compotes. These both persimmons are completely edible.

Persimmons are low in calories and high in fiber. They are a good source of antioxidants, beta carotene, sodium, calcium, iron, and vitamins A and C.

WHERE DO THE CALORIES COME FROM?



WHAT IS THIS FOOD MADE OF?



Minerals

		%DV
-- = missing data		
Weight	168g	
Calcium	13.4mg	1%
Iron, Fe	0.25mg	1%
Potassium, K	270.5mg	6%
Magnesium	15.1mg	4%
Phosphorus, P	28.6mg	2%
Sodium	1.7mg	0%
Zinc, Zn	0.18mg	2%
Copper, Cu	0.19mg	21%
Manganese	0.6mg	26%
Selenium, Se	1mcg	2%

NUTRITION FACTS



Fuyu Persimmon

Persimmons Japanese Raw

Serving Size:

1 x 1 fruit (2-1/2 inch dia) (168g) ▼

Nutrition Facts

Serving Size

1 fruit (2-1/2 inch dia) (168g)

Calories 118

% Daily Value *

Total Fat 0.32g	0%
Saturated Fat 0.03g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1.7mg	0%
Total Carbohydrate 31.2g	11%
Dietary Fiber 6g	22%
Total Sugars 21.1g	42%
Includes --g Added Sugars	--%
Protein 0.97g	2%
Vitamin C 12.6mg	14%
Vitamin D 0mcg	0%
Iron 0.25mg	1%
Calcium 13.4mg	1%
Potassium 270.5mg	6%
Phosphorus 28.6mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

▼ Vitamins

-- = missing data %DV

Weight	168g	
Vitamin A, RAE	136.1mcg	15%
Vitamin C	12.6mg	14%
Thiamin (B1)	0.05mg	4%
Riboflavin (B2)	0.03mg	3%
Niacin (B3)	0.17mg	1%
Vitamin B5 (PA)	--mg	--%
Vitamin B6	0.17mg	10%
Biotin	--mcg	
Folate (B9)	13.4mcg	3%
Folic acid	0mcg	0%
Food Folate	13.4mcg	3%
Folate DFE	13.4mcg	3%
Choline	12.8mg	2%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	425mcg	4%
Carotene, alpha	0mcg	0%
Cryptoxanthin, beta	2431mcg	11%
Vitamin A, IU	2733.4IU	
Lycopene	267.1mcg	
Lut + Zeaxanthin	1401.1mcg	
Vitamin E	1.2mg	8%
Vitamin D	0mcg	0%
Vitamin D2	--mcg	
Vitamin D3	--mcg	
Vitamin D (IU)	0IU	0%
Vitamin K	4.4mcg	4%

RECIPE—PERSIMMON BREAD

Ingredients

- 2 eggs
- 3/4 cup white sugar
- 1/2 teaspoon salt
- 1/2 cup vegetable oil
- 1 tsp ground cinnamon
- 1 cup persimmon pulp
- 1/2 cup chopped walnuts
- 1 tsp baking soda
- 1/2 cup raisins



Recipe Received From: [Persimmon Bread Recipe \(allrecipes.com\)](http://allrecipes.com)

Instructions

1. Gather ingredients. Preheat oven to 325 degrees F (165 degrees C). Oil a 9 x 4 inch pan.
2. In a small bowl, combine flour, cinnamon, salt, nuts, and raisins.
3. Fold in flour mixture. Pour batter into prepared pan.
4. Bake for 60 to 75 minutes, or until tester inserted in the center comes out clean.

BRAIN EXERCISE

DON'T JUST EXERCISE YOUR BODY, WORKOUT YOUR BRAIN!

Up on the House Top

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



- | | | | |
|------------|--------------|--------------|----------|
| ADVENT | FAMILY | PLUM PUDDING | STAR |
| ANGEL | FRANKINCENSE | POINSETTIA | TOYS |
| BELLS | GIFTS | PRANCER | VACATION |
| BOXING DAY | HOLLY | RED | VIXEN |
| CAMEL | ICICLE | REINDEER | |
| CANDY | JOY | SANTA CLAUS | |
| CUPID | LIGHTS | | |
| DASHER | MIRACLE | | |
| DONNER | MYRRH | | |
| ELVES | NOEL | | |



December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Eat a Red Apple Day</i>	2 <i>National Fritters Day</i>
3 <i>Advent Begins</i>	4 <i>Wear Brown Shoes Day</i>	5 <i>Repeal Day</i>	6 <i>St. Nicholas Day</i>	7 <i>Letter Writing Day</i>	8 <i>National Brownie Day</i>	9 <i>Christmas Card Day</i>
10 <i>Nobel Prize Day</i>	11 <i>National Noodle Ring Day</i>	12 <i>Poinsettia Day</i>	13 <i>Violin Day</i>	14 <i>Roasted Chestnuts Day</i>	15 <i>Bill of Rights Day</i>	16 <i>National Chocolate Covered Anything Day</i>
17 <i>National Maple Syrup Day</i>	18 <i>Bake Cookies Day</i>	19 <i>Oatmeal Muffin Day</i>	20 <i>Go Caroling Day</i>	21 <i>Crossword Puzzle Day</i>	22 <i>National Date Nut Bread Day</i>	23 <i>Roots Day</i>
24 <i>National Egg Nogg Day</i>	25 <i>Christmas Day</i>	26 <i>Boxing Day</i>	27 <i>National Fruitcake Day</i>	28 <i>Card Playing Day</i>	29 <i>Pepper Pot Day</i>	30 <i>Bacon Day</i>
31 <i>New Year's Eve</i>	<div style="background-color: #004d00; color: white; padding: 5px; text-align: center;"> <p>Marion County Senior Center</p> <p>NEWS YOU CAN USE!</p> <p>304 - 366 - 8779</p> </div>					

Monthly Observations

- Bingo Month
- National Fruitcake Month
- Safe Toys and Gifts Month
- World Food Service Safety Month
- Write a Friend Month



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Kathrine J. Clark, MS, RD, LD

Nutrition Consultant

1 John Marshall Drive

Huntington, WV 25575

Kathrine.J.Clark@wv.gov

(681) 344-1679

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