Take your pick for Holiday Dinner this season...
The choice is yours!

Try any of the following for your holiday entrée...
- Turkey
- Pork Tenderloin
- Leg of Lamb
- Roast Beef
- Cornish Hen
- Duck
- Fish
- Roast Chicken
- Venison

Your choice of sides...
- Double boiled mashed potatoes
- Noodles, White Rice
- Homemade stuffing (use white bread)
- White rolls/bread

Beverages
- Sparkling Grape Juice
- Sprite, 7UP, Ginger ale (diet)
- Cranberry Juice
- Apple Cider

Garden Fruits & Vegetables....
- Carrots (boiled) Green or Yellow Beans
- Cauliflower
- Lettuce
- Corn
- Zucchini
- Cabbage (red or green)
- Spaghetti Squash
- Cranberries, Berries, Grapes
- Pineapple
- Peppers (red, orange, green, yellow)
- Apples, Pears, Peaches

Mouth Watering Desserts....
- Apple Pie, Apple Cake
- Cherry Pie
- Peach Pie
- Gumdrops
- Sugar Cookies
- Shortbread
- Trifle – use cool whip
- Candy Canes
- Lemon Meringue Pie
- Sorbet
- Angel Food Cake with Berries/Cool whip
- Lemon Squares

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What to do with that leftover turkey...

• Sliced Turkey Sandwiches
• Baked Turkey Loaf
• Turkey & Vegetable Stir-fry
• Homemade Turkey Pot Pie
• Turkey Salad
• Turkey Wrap
• Turkey & Rice Casserole
• Turkey & Dumplings

Almost anything in moderation can fit into your renal diet. Focus on low potassium, low sodium, and low phosphorus holiday foods to have a safe holiday season.

<table>
<thead>
<tr>
<th>😞 Instead of:</th>
<th>😊 Try:</th>
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<tbody>
<tr>
<td>Nuts</td>
<td>Popcorn, unsalted pretzels</td>
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<tr>
<td>Sweet Potatoes, Yams, Parsnips</td>
<td>Turnip, Red Cabbage</td>
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<tr>
<td>Mincemeat Pie, Pumpkin Pie, Pecan Pie</td>
<td>Apple Pie, Lemon Meringue Pie, Pumpkin Chiffon Pie</td>
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<td>Chocolate</td>
<td>Candy Canes, Gumdrops, Fruit Jellies</td>
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<tr>
<td>Fruit Cake or Plum Pudding</td>
<td>Trifle (made with Cool Whip)</td>
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<tr>
<td>Butter Tarts</td>
<td>Lemon Tarts, Shortbread</td>
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<tr>
<td>Raisins, Dates in baking</td>
<td>Cranberries – fresh or dried</td>
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<tr>
<td>Eggnog</td>
<td>Hot Apple Cider, Mulled Wine</td>
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<tr>
<td>Cola Beverages</td>
<td>Clear pops such as gingerale, 7-Up, Sprite, Perrier</td>
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<tr>
<td>Instant Stuffing Mixes</td>
<td>Homemade Stuffing</td>
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<tr>
<td>Self-Basted Turkey, Ham</td>
<td>Fresh Roasted Turkey, Chicken, Capon, Beef, Pork, Meat Pie, Lamb</td>
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<tr>
<td>Roasted or Baked Potatoes</td>
<td>Twice Boiled Mashed Potatoes, Rice, Noodles</td>
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<tr>
<td>Soups made with potatoes</td>
<td>Soup made with rice, pasta or barley</td>
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<tr>
<td>Latkes</td>
<td>Double boiled mashed potato pancakes or zucchini pancakes</td>
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</table>

Remember your phosphate binders with meals! Take them with you when eating away from home.

If you know you will be attending a party later in the day plan ahead. Eat and drink smaller amounts for breakfast and lunch to give yourself more flexibility later in the day.

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