



Hello!

Welcome to the September newsletter for Renal Diet Headquarters.

As we share our important information every month, we invite you to share the recipes and patient information with your customers to help them do a great job managing their kidney disease.

If you have specific recommendations for us, please let us know by sending us a message – we love to get feedback.

This month we are talking about rice, mainly because it's national rice month. But also because rice is one of the foods that create a great addition to a patient's diet and meals without adding a lot of potassium or phosphorus. Allowing them to feel fuller without feeling deprived. I'm sure you hear how hard the diet is to follow, and giving some specific ideas how to implement the diet can be a big help to the overwhelm.

We are happy to provide this service, let us know if there are any special subjects you would like us to cover in the future.

*Mathea Ford, RDN, LD*

**Our website: [www.renaldiethq.com](http://www.renaldiethq.com)**

## Eating Rice Can Be A Healthy Way to Fill Up

### **Is Rice Beneficial For Kidney Patients?**

An individual with poorly functioning kidneys is always advised to have a diet low in protein and other minerals. Minerals, just like protein, can overtax the already impaired kidneys in renal failure. Moreover, the failing kidneys can only do so much to filter the blood of these nutrients and as a result, the nutrients can accumulate in the body and cause more complications if taken inappropriately. Thus, these macro and micronutrients are usually and should be taken at minimum.

### **Sodium, Phosphorus, Potassium, Protein (And Their Abundance In Foods We Eat):**

Protein and minerals are found in almost every food we eat. Basically, nearly all foods that contain protein can have phosphorus in them. Sodium and potassium on the other hand, are minerals abundant in our daily meals in the variety of foods we eat, whether added or naturally occurring. These nutrients are indeed needed by the body daily; however, as earlier stated, a renal diet should include restricted amounts of these nutrients.

In order to prevent such event from occurring, renal diets should include low levels of these nutrients. Fortunately, plain white rice is one of the best foods included in diets intended for renal patients.

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## The Benefits of Plain Rice:

Being low in protein, sodium, phosphorus and potassium, plain white rice is probably one of the wisest choices for kidney diets. Listed below is the estimate of half a cup of cooked plain white rice in regard to nutritional value:

Protein : 2 grams

Sodium : 2 to 3 mg

Phosphorus: 11 to 45 mg

Potassium : 12 to 50 mg

Fats : 0 gm

Calories : 100 to 200 calories

Just by meeting the required daily caloric intake of an individual, plain white rice can provide the much needed macro nutrients that a kidney patient needs without jeopardizing the condition of his or her kidneys.

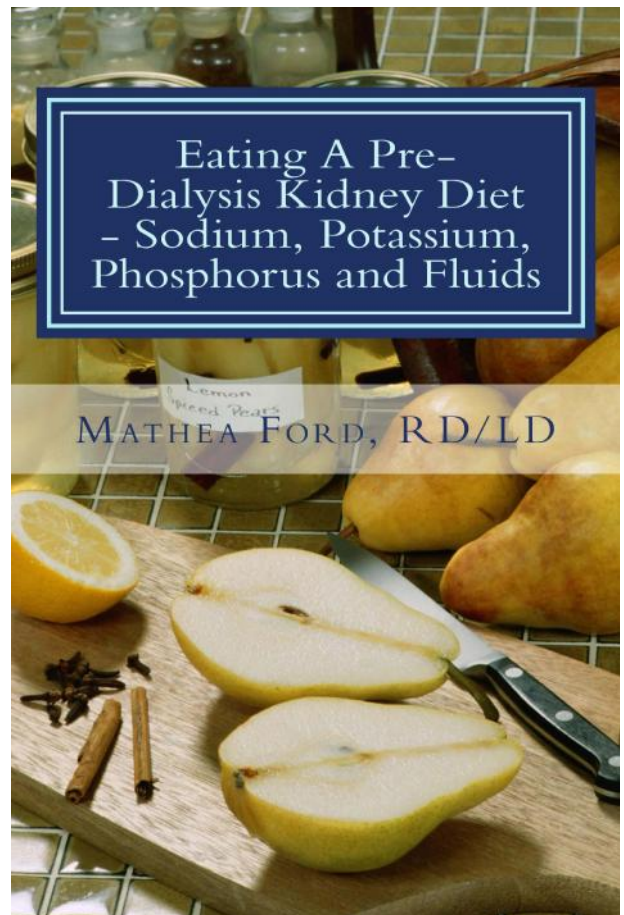
For kidney patients with diabetes or high blood sugar, an adjustment should be focused on the carbohydrate content of plain white rice. The approximation to how much of a cup he or she should take will be based on the required carbohydrate content. Usually, the serving is about 1/3 cup cooked rice for these patients (diabetic kidney patients); the risk of affecting the kidneys goes down as well.

Note that it is plain white rice is the choice that is best for kidney patients in the later stages of kidney failure or on dialysis. Brown rice tends to have higher potassium and phosphorus than white rice, so better not to take the risk of replacing white rice with brown rice, especially if you are struggling with getting the low potassium and phosphorus levels you need.

Don't forget that it is important to read labels with white rice, because the more processing that is done (minute rice versus conventional) leads to more risk of added phosphorus and potassium. The additives and preservatives can add up the "unwanted" nutrients for a renal diet. Be careful not to include rice-based products from the supermarket because more often than not, they contain high

amount of sodium, phosphorus and other nutrients. These include rice noodles, rice mixes, seasoned rice, rice cereal, rice cakes, rice bread and the like. Not all foods with "rice" written on the label are as good as plain white rice.

Finally, it is recommended that a dietitian should be consulted for the exact and balanced diet that must be created for any patient with kidney failure. Always have in mind that not all combinations are beneficial. Plain white rice may have the low amounts of the restricted nutrients, but it does not follow that a kidney patient can combine unnecessary foods with it. Make sure you are following a good meal plan that can help you manage your diet the best.



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## September is "National Rice Month"

### Facts about Rice:

Rice is a grain that is used extensively as an early solid food for babies because it is very "non allergenic". Rice is also gluten free, so it's a safe food for people with wheat intolerance or gluten intolerance. Even though a person with kidney failure in the later stages should avoid eating brown rice, because it has extra potassium and phosphorus, if you have stage 1 or stage 2, you should eat brown rice to increase the amount of whole grains in your diet.

Rice has been grown in the US for over 300 years, especially in the states of Arkansas, California, Louisiana, Mississippi, Texas and Missouri. They collectively grow over 85% of the rice we eat in the US and grow about 24 billion pounds per year.

A portion of rice is usually thought of as 1/2 cup, and it is for people who do not have diabetes. If you have diabetes, a portion of rice is only 1/3 cup. Both of those are cooked portions. Rice has no fat or cholesterol naturally. And it is a complex carbohydrate that fuels your body and doesn't add to your electrolyte imbalance in kidney failure. More reason to celebrate.

Rice provides folic acid as an enriched product, great for patients to help them maintain their levels. Rice also contains only about 100 calories in a 1/2 cup serving, so it's an easy way to get extra calories if you are losing weight or can't maintain your weight. You can feel full and have the calories you need. You can add a little olive oil and lemon pepper and have a great side dish without much work either.

<http://www.usarice.com/doclib/125/6233.pdf>

Recipe courtesy of Davita at: <http://www.davita.com/recipes/pasta,-rice-and-grains/lemony-rice-pilaf/r/5681>

Nutrients per serving	Cholesterol 18 mg
Calories 245	Sodium 110 mg
Protein 7 g	Potassium 146 mg Phosphorus 92 mg
Carbohydrates 37 g	Calcium 56 mg
Fat 7 g	Fiber 1.0 g

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## Lemony Rice Pilaf

Portions: 8 Serving size: 3/4 cup

### Ingredients

1/4 cup butter  
1 cup onion, chopped  
1 teaspoon garlic, minced  
2 cups long grain white rice, uncooked  
1/2 cup fresh lemon juice  
1/4 cup fresh parsley, minced  
1 teaspoon thyme  
1/2 teaspoon basil  
1/2 teaspoon dill weed  
1/4 teaspoon ground black pepper  
1/4 cup grated Parmesan cheese  
2-3/4 cups low-sodium chicken broth

### Preparation

Preheat oven to 350° F.

Heat butter or margarine over medium heat in a Dutch oven. When melted, add onion and garlic; stir frequently. After 2 to 3 minutes, add the rice, tossing grains well to coat with fat. Sauté for 2 minutes.

Add lemon juice, parsley, seasonings, and parmesan cheese to rice. Mix well.

Heat chicken broth to a boil and add to rice mixture. Stir well. Cover with lid, and place in pre-heated oven. Bake for 20 minutes.

Remove from oven and fluff with two forks.

Garnish with dill weed or parsley sprig.

### Renal and renal diabetic food choices

**2 starch**

**1/2 vegetable, low potassium**

**1 fat**

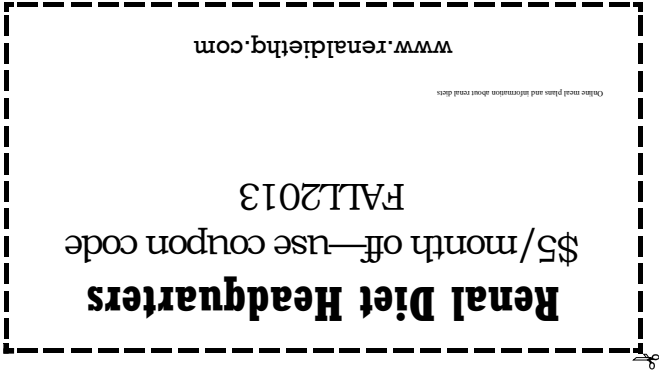
**Carbohydrate choices**

**2-1/2**

### Helpful hints

In step #4, if broth is not boiling, the end product will be heavy and will stick to the pan.

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