

# Happy Holidays

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## EATING HEALTHY OVER THE HOLIDAYS

We all know it is easy to give in to unhealthy eating during the holidays when family and friends are gathered together. Surrounded by candies, desserts, drinks, and the traditional holiday dishes, giving in to temptations can be easy to do. While the holidays are a time to relax and take a break from your busy lifestyle, it is important to remember that maintaining a healthy, balanced diet and exercising frequently will help you feel energized and happy. People suffering from kidney disease should be especially careful to maintain a kidney friendly diet during the season. In this issue, you will find healthy eating tips, exercise tools, and recipe options that will help you keep holiday temptations under control and your body feeling great.

### **Healthy Holiday Eating:**

#### **1. What to Include and What to Avoid What to put in your meals:**

Try to include as many fruits, vegetables, nuts, fish, whole grains, and fat-free dairy products as you can while limiting sodium, saturated fats, and red meats. And, if you have high potassium, choose fruits, vegetables and nuts that are lower in potassium. Easier said than done, right? Just being aware of these things is a great place to start. Also avoid cooking with trans fats and hydrogenated oils in the meals that you prepare. Instead, use olive oil or canola oil to add fat, flavor, and moisture to your

recipes. **Secret tip:** you can even use unsweetened applesauce as a substitute for oil in your baking recipes and your guests won't notice the difference! Instead of using salt to flavor your foods, substitute herbs and spices. Rinse off all of your canned foods to remove extra sodium. Finally, when eating meat, choose small portions and consider removing the skin to reduce fat.

### **Choose wisely:**

Look at the nutrition information on the packaging labels of the foods you pick out. Some brands are healthier than others and it never hurts to do your research before doing your grocery shopping. By reading the nutrition information, you will also be aware of your calorie intake. Be sure to control your portion sizes by using small plates and only taking one serving. Avoid adding gravy or dressing to your protein. Although gravy is delicious, it is filled with fat and sodium.

### **Be Careful with Beverages:**

Along with all of the delicious meals, there are also a number of seasonal holiday drinks that can be hard to avoid. Eggnog is a perfect example. To reduce the calorie intake with these drinks, fill half of your glass with low-fat milk before pouring your eggnog and don't add whipped cream to the top. The same goes for hot chocolate. Use low-fat milk or hot water instead of heavy cream and skip the extra marshmallows on top. By doing these things, you still get the delicious flavor of your favorite seasonal drinks but without the excessive calories. At parties and family gatherings, enjoy cocktails with a glass of water in between each one to give your body a break and also reduce the amount of calories you drink.

### **Desserts:**

It is almost impossible to pass up holiday desserts. There are always so many options and you will likely convince yourself that you must try at least one. The best way to treat yourself during the holidays is to sample a dessert, rather than allowing yourself to have a full serving. Ask a family member or a friend if they want to split a dessert with you rather than approaching the dessert table alone.

### **2. Tips on staying active:**

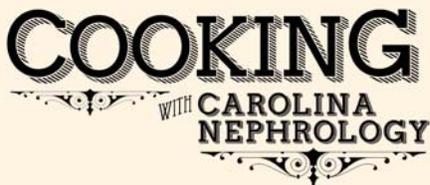
During the holidays, it is easy to get out of your daily routine. It might seem hard to squeeze in your daily workout when you are busy with shopping, planning, cooking, eating, and family gatherings but it is important to remember that staying active will help you feel better and give you the energy you need to thoroughly enjoy the holidays.

Instead of trying to find time to fit in family time and time to exercise, combine the two and go on a walk or play a fun game of flag football or tournament tennis. Participating in your town's holiday-themed run is always a fun, family-friendly way to get exercise and get into the holiday spirit at the same time. If you are someone who travels over the holidays, choose to sightsee on foot or bike rather than by car. Also, bring your exercise gear along to remind yourself to exercise while you're away. If you have gift shopping to do, put on your tennis shoes and power walk between shops to get more exercise. Even doing yard work is a good way to stay active.

There are plenty of ways to get exercise and stay active during the holidays and still have time to relax and enjoy the season. Incorporating family and friends into your exercise schedule and incorporating exercise into your "to-do" list is key to surviving the holidays without losing your motivation to stay fit!

## ***BIG NEWS!***

We are excited to announce that Cooking with Carolina Nephrology has a new name, "The Cooking Doc". Dr. Shusterman will continue to bring you healthy, kidney-friendly recipes and so much more... just now as "The Cooking Doc".



[thecookingdoc](https://www.youtube.com/thecookingdoc) |  [thecookingdoc](https://twitter.com/thecookingdoc)



## ***Apple Cranberry Crisp***

### **Ingredients:**

5 cups Granny Smith apples (or your favorite)

1 cup of fresh cranberries

2 tablespoons sugar (if diabetic, use Splenda blend or other sugar substitute)

1/2 teaspoon of ground cinnamon

### **Topping:**

1/2 cup quick cooking oats

3 tablespoons brown sugar

2 tablespoons all purpose flour (can substitute whole wheat flour)

1/2 teaspoon cinnamon or apple pie spice

2 tablespoons butter (Smart Balance or Earth Balance work too)

*For more delicious kidney-friendly recipes, visit [CarolinaNephrology.com/cooking](http://CarolinaNephrology.com/cooking).*

### **Directions:**

1. Heat oven to 350°.
2. Slice and evenly dice the apples.
3. Add 1 cup cranberries.
4. Mix sugar and cinnamon and spread evenly over fruit.
5. Mix oats, brown sugar, flour and cinnamon together.
6. Add butter to the mixture and mix together until it looks crumbly.
7. Spread topping over apples & cranberries.
8. Cook for 30 minutes until golden and bubbly.



## Egg Cup with Red Pepper, Spinach & Artichoke Hearts

### Ingredients:

Nonstick cooking spray

½ cup unsweetened almond milk

5 large eggs and 5 large egg whites

1 tablespoon hot sauce

1 cup diced bell pepper, red or green

1 cup (lightly packed) raw spinach, chopped

½ cup chopped marinated artichoke hearts

1 cup Daiya Cheddar Cheese shredded

Fresh strawberries and blueberries

### Directions:

1. Preheat oven to 350°.
2. Grease muffin tins with nonstick spray.
3. Mix green pepper, spinach, and artichoke heart in a bowl and divide evenly into 12 muffin tins.
4. Whisk together the eggs, egg whites, hot sauce, almond milk and pour evenly into the muffin tins, over the vegetable mix.
5. Top each muffin with a pinch of cheese.
6. Bake 15-20 minutes until the eggs are cooked through.
7. Serve immediately with fresh berries or refrigerate for 2-3 days.

## OUR LOCATIONS

### Main Office

203 Mills Avenue  
Greenville, SC 29605

### Easley Office

121B Commerce Boulevard  
Easley, SC 29642

### Greer Office

108 W. Church Street  
Greer, SC 29650

### Laurens/Clinton Office

Plantation Plaza  
100 Plaza Circle  
Suite H  
Clinton, SC 29325

### Simpsonville Office

Hillcrest Medical Office Building  
727 South East Main Street  
Suite 180  
Simpsonville, SC 29681

### Spartanburg Office

1410 John B. White Sr. Boulevard  
Spartanburg, SC 29306

### DACC

*(Dialysis Access Care Center)*  
110 Chalmers Road  
Suite A  
Greenville, SC 29605

### Carolina Nephrology Kidney Wellness Center

110 Chalmers Road  
Suite B  
Greenville, SC 29605

## STAFF SPOTLIGHT



**Brittani Robinson** recently joined Carolina Nephrology as a nurse practitioner. Prior to joining Carolina Nephrology, she worked as a nurse practitioner in gastroenterology for three and a half years.

Brittani graduated from USC Upstate and completed the nurse practitioner program at Clemson University. In her role at Carolina Nephrology, Brittani will see patients in the hospitals and at New Horizon. Brittani's favorite aspect of her job is meeting new people and learning about kidney disease. When she isn't working, she is at home caring for her newborn twins.

## CONTACT INFO

203 Mills Avenue  
Greenville, SC 29605  
Phone: (864) 271.1844  
Toll Free: (877) 283.7821  
Fax: (864) 271.2147

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